

Broiled Spanish Mackerel

Oscar · 29/09/2024



Prep Time

15 mins

Difficult

Medium

Servings

6

Description

The quick simple and delicious fish recipe is best with freshcaught fish if possible

Ingredients

— - 6 (3 ounce) fillets Spanish mackerel fillets - $\frac{1}{4}$ cup olive oil - $\frac{1}{2}$ teaspoon paprika - salt and ground black pepper to taste - 12 slices lemon

Instructions

1. Preheat the oven's broiler and set the oven rack about 6 inches from the heat source. Lightly grease a baking dish. Rub both sides of each mackerel fillet with olive oil and place with the skin side down into the prepared baking dish. Season each fillet with the paprika
2. salt
3. and pepper. Top each fillet with two lemon slices. Bake the fillets under the broiler until the fish just begins to flake
4. 5 to 7 minutes. Serve immediately.