

Oven Roasted Boston Mackerel

Ingredients

- 2 Whole Boston Mackerel – Cleaned (You can use fillets as well if you'd prefer)
- 2 tbsp extra virgin olive oil or butter
- 2 tbsp lemon juice
- 2 tbsp fresh cut parsley or cilantro
- 2 tbsp fresh minced garlic
- 2 tbsp fresh minced garlic powder
- 1 tsp onion powder
- Dash paprika
- Salt & Pepper to taste



Prep: 15 Min | Cook: 20-25 Min

Instructions

1. Clean the Boston Mackerel by making an incision from the bottom of its mouth all the way down the stomach. Remove the guts from the stomach and cut out the gills. Rinse the fish thoroughly after to make sure it's completely clean. You can choose to either leave the head on or remove the head.
2. Make 3-4 diagonal cuts on each side of the fish, all the way right through the bone. Set aside on a plate.
3. Make your marinade by combining all spices, minced ginger, lemon juice, and oil.
4. Brush both sides of fish with the marinade thoroughly and let it sit in the fridge for a minimum of 30 minutes, all the way up to 1 hour.
5. Preheat oven to 450 degrees.
6. Place the fish in a pan lined with aluminum foil. Drizzle some olive oil on the aluminum foil so the fish does not stick.
7. Bake whole fish on the top rack for 20-25 minutes. Broil for the last 2 minutes of cooking.
8. For mackerel fillets, bake for 12-15 minutes. Broil for the last 2 minutes of cooking.
9. Serve the mackerel hot with your favorite side dish (we recommend something light in flavor to bring out the taste of the mackerel) and enjoy!