Spicy Grilled Mackerel

Grilled salty mackerel seasoned with a homemade spicy marinade.

Serves - 4
Prep time - 10 mins
Cooking time - 12 mins

Kadai Recipes

Ingredients

- 2 tbsp olive oil
- 4 small whole mackerel
- 2 whole red chilies – deseeded and finely chopped
- 4 small garlic clove, finely chopped
- Fresh root ginger grated to taste
- 4 tsp honey
- Zest and juice of 2 limes
- Glug of sesame oil

Cookware Kadai, Grills and Zhara Pan

Method

Kadai

Fish

- Make the marinade by combining the olive oil, chilli, garlic, ginger, honey and lime juice with a tablespoon of oil.
- Heat the Zhara Pan over a hot Kadai and wipe with sesame seed oil.
- Cook the mackerel for approx. 6 mins on each side, until well cooked.
- Drizzle over the marinade and serve immediately. serve and enjoy!

Servering suggestion

Complemented nicely with some fresh warm bread and lightly seasoned with salt and pepper.

Cookware

Zhara Pan

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