

MACKEREL WITH RED PEPPERS

SERVES 4 / PREPARE 5 MINS / COOK 15 MINS

Ingredients

4 Mackerel filets (150g each)
2 tbsp Extra virgin olive oil
4 Red peppers
2 Red onions
2 Garlic cloves
A few sprigs Parsley
Salt and pepper to taste

Instructions

Peel and chop the onions in slices about ½cm thick. Mince the garlic cloves.

Heat 1 tsp of olive oil in a heavy bottomed pan and fry the onion and garlic until they start to soft and change colour.

Meanwhile wash and chop the peppers in two. Deseed and chop each half in strips approximately 1cm wide.

Add the peppers and turn the heat up so that the vegetables cook without losing too much moisture. Add salt and pepper to taste.

Dry the fish with kitchen paper, and season lightly. In another pan heat up ½ tbsp. of oil, and fry 2 fillets at a time until they are cooked, about 3 min per side, depending on how thick the fillets are. Repeat with the rest of the fillets.

Place the mackerel fillets in a plate with kitchen paper to drain any extra oil.

Add 2/3 tbsp of the pepper and onion mixture in a plate and set a mackerel fillet on top, garnish with a generous sprinkle of chopped parsley and serve immediately.



Nutrifacts



Parsley contains VITAMIN C, an antioxidant which also helps support the immune system, VITAMIN K, which promotes blood coagulation and healthy bones, and certain ANTIOXIDANTS that may help reduce inflammation.

Red peppers contain VITAMIN C that supports the immune system and β CAROTENE a powerful antioxidant. Our bodies can produce VITAMIN A from β CAROTENE to support vision.

Mackerel is high in PROTEIN and OMEGA-3 type fats that have an anti-inflammatory effect in addition to helping to raise healthy cholesterol (HDL). Fish is also a good source of GROUP B VITAMINS, necessary to produce energy, growth and elimination of toxins. And if all this was not enough, mackerel contains PHOSPHORUS which is important for maintaining healthy bones.