Dinner

Curry and Coriander Crusted Mackerel

Flaky mackerel fillets are coated in curry paste and a coriander and lime zest crust, then baked over soft roasted peppers and onion and finished with a squeeze of lime.

35 min	288	7.4 g	6.4 g
time	calories	carbs	sugars



Freezer safe

Ingredients, 4 servings

- [ ] 2 squirts spray oil
- [ ] 1 red onion, peeled and finely sliced
- [ ] 1 red pepper, finely sliced
- [ ] 1 green pepper, finely sliced
- [ ] 1 yellow pepper, finely sliced
- [ ] 4 mackerel fillets (total weight 400g)
- [ ] 2 tsp curry paste
- [ ] 25 g coriander, finely chopped
- [ ] 1 lime, zest, juice and lime wedges to serve

Method

- [ ] 1 Heat the oven to 180°C, gas mark 4, and coat a baking tray with the spray oil.
- [ ] 2 Spread the sliced red onion, red pepper, green pepper and yellow pepper over the tray and bake for 10 minutes, stirring a couple of times so everything cooks evenly.
- [ ] 3 Meanwhile, drizzle the mackerel fillets with lime juice and spread the curry paste carefully over each one.
- [ ] 4 Stir the chopped coriander together with the lime zest and press the mixture onto the fillets on top of the curry paste.
- [ ] 5 Set the fish on the roasted vegetables and bake for a further 12-15 minutes, until the mackerel is cooked through.
- [ ] 6 Serve the fish with the lime wedges.

Nutrition Facts

Per serving

Calories	**288**
Total fat	18.9 g
Saturated fat	3.9 g
Sodium	Not listed
Total carbs	7.4 g
Fiber	4.2 g
Total sugars	6.4 g
Protein	20 g

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