

Pan-Seared Mackerel with Tomato Sauce



Here are three great reasons to add this recipe to your menu this week:

- Mackerel is an excellent source of protein and healthy fats, especially omega-3 fatty acids.
- A minimal amount of olive oil is used in this recipe to reduce added fats while maintaining flavour and texture.
- It's fresh, delicious, and very easy to make—what more could you ask for?

For a complete meal, serve it with quinoa or your favourite toasted whole-grain bread. And voilà!

Preparation 15 min

Cooking 12 min

Servings 4

Nutrition Facts (per serving)

Calories 390

Fat 22

Carbohydrates 16

Fibre 4

Protein 13

Sodium 395

Ingredients

- 2 garlic cloves, minced
 - ½ onion, finely chopped
 - 1 can (796 ml) diced tomatoes, no salt added
 - 1 tsp (5 ml) dried oregano
 - ¼ tsp (1 ml) chili powder (optional)
 - Salt and pepper, to taste
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- 4 mackerel fillets (about 600 g / 18 oz total), skin on
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- 4 cups (1 L) red leaf lettuce, shredded
 - 4 celery stalks, thinly sliced
 - 2 small cucumbers, thinly sliced

Preparation

1. In a large skillet, heat the olive oil over medium heat. Add the garlic and onion, and sauté until translucent, about 3 to 4 minutes.
2. Add the diced tomatoes, oregano, chili powder, salt, and pepper. Stir well and let simmer over low heat for 2 minutes. Remove from heat and set aside.
3. In another non-stick skillet over medium heat, cook the mackerel fillets, skin side down, for 3 to 4 minutes until the skin is crispy and golden. Reduce the heat to medium-low, flip the fillets, and cook the other side for 1 to 2 minutes, until the fish is opaque and flakes easily with a fork.
4. In a large bowl, mix the lettuce, celery, and cucumbers.
5. Serve each fillet on a bed of lettuce, topped with the tomato sauce.

Notes

Keeps for 5 days in the refrigerator in an airtight container. Cooked fish can be frozen for up to 3 months, but the tomato sauce and salad do not freeze well.



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