

 100%  
HEALTH SCORE

## Chermoula-marinated mackerel



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



2

CALORIES



1123 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 mackerel whole cleaned
- ☐ 2 servings olive oil for brushing
- ☐ 2 servings lemon wedges
- ☐ 1 garlic clove roughly chopped
- ☐ 2 tsp fennel seeds
- ☐ 0.5 tsp ground ginger
- ☐ 0.5 tsp ground cinnamon
- ☐ 0.3 tsp saffron threads

- ☐ 1 tbsp olive oil
- ☐ 2 garlic clove
- ☐ 1 tsp ground cumin
- ☐ 0.5 tsp paprika
- ☐ 1 pinch chili powder
- ☐ 2 tbsp juice of lemon
- ☐ 50 g cilantro leaves roughly chopped
- ☐ 3 tbsp olive oil light
- ☐ 1 to 5 chilies red roughly chopped

## Equipment

- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ mortar and pestle

## Directions

- ☐ Pound the ingredients for the filling together using a pestle and mortar. Make 3 diagonal incisions along both sides of each mackerel, then push in the filling. Chill for up to 2 hrs before cooking.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ For the chermoula, place the garlic, spices, lemon juice, coriander and a pinch of sea salt into a blender. Slowly drizzle in the olive oil, blending.
- ☐ Brush the mackerel with a little olive oil on both sides, then place on a hot griddle or frying pan and sear for 2 mins on each side. Carefully transfer to an oven tray and bake for about 10 mins, or until the mackerel is cooked through.
- ☐ Drizzle with some of the chermoula and serve with the Carrot, olive & lemon couscous (recipe, below), lemon wedges and the remaining chermoula on the side.

## Nutrition Facts



 **PROTEIN 33.31%**  **FAT 63.71%**  **CARBS 2.98%**

Properties

Glycemic Index:128.75, Glycemic Load:1.32, Inflammation Score:-10, Nutrition Score:54.97739103566%

Flavonoids

Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 13.37mg, Quercetin: 13.37mg, Quercetin: 13.37mg, Quercetin: 13.37mg

Nutrients (% of daily need)

Calories: 1123.12kcal (56.16%), Fat: 78.43g (120.66%), Saturated Fat: 15.98g (99.9%), Carbohydrates: 8.24g (2.75%), Net Carbohydrates: 5.51g (2%), Sugar: 1.97g (2.19%), Cholesterol: 211.5mg (70.5%), Sodium: 407.27mg (17.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 92.28g (184.55%), Vitamin B12: 19.8µg (330%), Vitamin D: 40.95µg (273%), Selenium: 165.62µg (236.6%), Vitamin B3: 38.33mg (191.64%), Vitamin B2: 1.98mg (116.52%), Vitamin K: 107.24µg (102.13%), Vitamin B6: 1.73mg (86.57%), Vitamin E: 11.59mg (77.27%), Vitamin C: 56.42mg (68.39%), Potassium: 2141.09mg (61.17%), Phosphorus: 610.5mg (61.05%), Vitamin A: 2497.68IU (49.95%), Iron: 7.54mg (41.9%), Magnesium: 153.82mg (38.46%), Manganese: 0.76mg (37.78%), Vitamin B1: 0.56mg (37.49%), Copper: 0.56mg (27.96%), Zinc: 3.44mg (22.91%), Calcium: 174.96mg (17.5%), Vitamin B5: 1.68mg (16.77%), Fiber: 2.74g (10.94%), Folate: 33.49µg (8.37%)