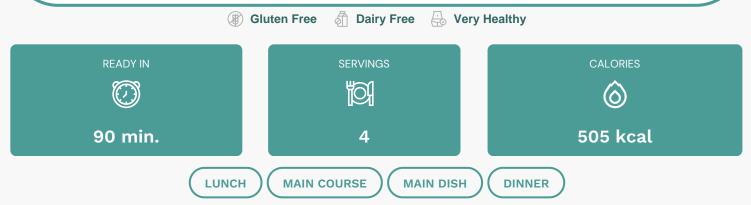


# Grilled Mackerel with Tomato, Fennel, and Capers



# Ingredients

- 4 servings pepper black freshly ground
- 0.5 cup bottled clam juice
- 1 pound fennel bulb quartered
- 2 medium garlic clove finely chopped
- 1 cup olive green pitted coarsely chopped
- 4 servings kosher salt
- 2 tablespoons juice of lemon freshly squeezed (from 1 medium lemon)

- 24 ounce mackerel
- 3 tablespoons olive oil plus more for oiling the grill
- 1 tablespoon parsley fresh italian coarsely chopped
- 1 pinch saffron threads
  - 2 pounds tomatoes seeds removed cored halved

# Equipment



cutting board

## Directions

Heat a grill pan or outdoor grill to medium high (about 375°F to 425°F).Meanwhile, brush the tomatoes and fennel all over with half of the measured olive oil and season with salt and pepper; set aside.When the grill is ready, place the tomatoes and fennel on the grill and cook uncovered until grill marks form, about 3 to 4 minutes. Flip the vegetables and cook until grill marks appear on the other side, about 3 to 4 minutes more.

Remove to a cutting board. When the vegetables are cool enough to handle, cut and discard the cores from the fennel. Chop both the fennel and tomatoes into 1–1/2–inch pieces and place in a medium saucepan.

Add the fish broth or clam juice, garlic, and saffron and stir to combine. Bring to a boil over medium-high heat. Reduce the heat to medium low and simmer until the vegetables have softened, about 20 minutes. Keep warm while you grill the fish. (If you're using a grill pan, use several layers of paper towel to wipe the pan clean before grilling the fish.) Heat the grill to medium high. Rub the grates with a towel dipped in olive oil.Pat the mackerel fillets dry with paper towels.

Brush both sides with the remaining measured olive oil and season both sides with salt and pepper.

Place the fillets on the grill skin-side down and cook until grill marks appear, about 2 to 3 minutes. Flip the fillets with a flat spatula and cook until grill marks appear on the other side and the fish is cooked through, about 2 minutes more.

Remove the fillets to a plate and tent with foil.

Add the parsley to the warm tomato-fennel mixture and stir to combine. Taste and season with salt and pepper as needed.Divide the tomato-fennel mixture among 4 rimmed serving plates or shallow bowls and top each serving with a piece of mackerel. Top the fish with about 1 tablespoon of the tapenade (you will have some left over), sprinkle with the caperberries or capers, and serve immediately.

### **Nutrition Facts**

PROTEIN 29.82% 🚺 FAT 52.41% 📒 CARBS 17.77%

### **Properties**

Glycemic Index:61.75, Glycemic Load:4.63, Inflammation Score:-9, Nutrition Score:43.638260799906%

### Flavonoids

Eriodictyol: 1.59mg, Eriodictyol: 1.59mg, Eriodictyol: 1.59mg, Eriodictyol: 1.59mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 1.65mg, Naringenin: 1.65mg, Naringenin: 1.65mg, Naringenin: 1.65mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Myricetin: 0.47mg, Myric

#### Nutrients (% of daily need)

Calories: 505.22kcal (25.26%), Fat: 29.86g (45.94%), Saturated Fat: 6.13g (38.31%), Carbohydrates: 22.78g (7.59%), Net Carbohydrates: 15.2g (5.53%), Sugar: 11.8g (13.11%), Cholesterol: 79.95mg (26.65%), Sodium: 1045.08mg (45.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.23g (76.46%), Vitamin B12: 7.49µg (124.89%), Vitamin K: 112.68µg (107.32%), Vitamin D: 15.48µg (103.19%), Selenium: 63.53µg (90.76%), Vitamin B3: 16.41mg (82.03%), Vitamin C: 54.27mg (65.78%), Potassium: 1759.03mg (50.26%), Vitamin A: 2408.77lU (48.18%), Vitamin B2: 0.81mg (47.37%), Vitamin E: 6.43mg (42.9%), Vitamin B6: 0.85mg (42.4%), Phosphorus: 332.02mg (33.2%), Fiber: 7.58g (30.33%), Manganese: 0.55mg (27.73%), Magnesium: 98.58mg (24.64%), Copper: 0.42mg (21.23%), Iron: 3.79mg (21.04%), Vitamin B1: 0.3mg (20.21%), Folate: 74.51µg (18.63%), Calcium: 142.51mg (14.25%), Zinc: 1.82mg (12.15%), Vitamin B5: 1.06mg (10.59%)