

Oven Baked Mackerel Fish

Mediterranean oven-baked mackerel with vegetables. Healthy omega-3 rich fish recipe ready in 35 minutes with simple seasonings and fresh herbs.

5 min

PREP

35 min

COOK

40 min

TOTAL

6

SERVINGS

Medium

DIFFICULTY

Ingredients

- 4.5 lb fish
- 2 carrot
- 2 onion
- 4 tomato
- 3 clove garlic
- 3 sprig bay leaf
- 4 tbsp olive oil
- 1 tsp salt
- 1 lemon

Instructions

- 1 Prepare the oven and fish**

Preheat oven to 400°F (200°C). Pat the 4.5 lb mackerel fillets completely dry with paper towels and set aside.
- 2 Prepare the vegetables**

Peel and cut the 2 carrots into finger-thick batons about 3 inches long. Cut the 2 onions into thick wedges. Mince the 3 garlic cloves finely.
- 3** Cut the 4 tomatoes into large 1-inch cubes, discarding the cores.
- 4 Assemble the dish**

Arrange the mackerel fillets in the center of a large rimmed baking sheet. Scatter the carrots, onions, garlic, and tomatoes around the fish.

- 5 Add the 3 bay leaf sprigs to the vegetables. Drizzle the 4 tablespoons olive oil evenly over the fish and vegetables.
- 6 Season everything generously with the 1 teaspoon salt and pepper to taste. Squeeze the juice from 1 lemon over the entire tray.
- 7 **Initial baking**
Pour 1 cup water around the edges of the tray, avoiding the fish. Cover tightly with aluminum foil and bake for 25 minutes.
- 8 **Finish uncovered**
Remove the foil and continue baking for 5-6 minutes until the fish flakes easily when tested with a fork and the vegetables are tender and lightly caramelized.
- 9 Remove from oven and let rest for 3 minutes. Discard bay leaves before serving.

Tips

Pat mackerel completely dry with paper towels before seasoning to ensure proper browning and prevent steaming in its own moisture.

Score the skin in diagonal cuts about 1 inch apart to prevent the fish from curling during baking and allow seasonings to penetrate better.

Use a meat thermometer to check doneness - mackerel is perfectly cooked when it reaches an internal temperature of 145°F (63°C).

Line your baking tray with parchment paper for easy cleanup and to prevent the fish from sticking to the pan.

Don't overcrowd the pan - vegetables should be in a single layer around the fish to ensure even cooking and proper caramelization.

Add delicate herbs like fresh dill or parsley in the last 5 minutes of cooking to preserve their bright flavor and color.

Save the flavorful pan juices to drizzle over rice or bread - they're packed with concentrated fish and vegetable flavors.

Room temperature fish cooks more evenly than cold fish straight from the refrigerator, so remove it 15-20 minutes before cooking.