

# SEABRA'S

## MARKET

### MEDITERRANEAN OVEN ROASTED SPANISH MACKEREL

SERVES: 2  
PREP TIME: 10 min  
COOK TIME: 30 min

#### INGREDIENTS

- 3 large garlic cloves
- 1 tsp salt, more for later
- 1 tsp ground coriander
- 1/2 tsp ground cumin
- 1/4 cup finely chopped fresh parsley
- 1/4 cup finely chopped fresh dill
- 1 1/2 lb whole Spanish Mackerel, cleaned and gutted (but with head)
- 1 lemon, thinly sliced
- Early Harvest extra virgin olive oil
- 2-3 tbsp fresh lemon juice

#### Optional Sides to Serve

3-Ingredient Mediterranean salad recipe, or Fattoush salad recipe, Mediterranean Potato Salad or simple sliced garden veggies, salted and drizzled with olive oil

Tahini sauce

1 Lebanese rice recipe



#### DIRECTIONS

Preheat the oven to 350 degrees F and set a roasting sheet pan inside to warm.

Using a mortar and pestle, crush garlic with salt until smooth. Add coriander and cumin and continue crushing. Mix in parsley and dill.

Pat the fish dry, inside and out. Remove the dark vein that runs along the back of the cavity, if it's still there. And if needed, run your knife along the cavity to open it up some more. Salt generously inside and on both sides outside, then place on a lightly oiled piece of foil that is large enough to enclose the fish.

Stuff the fish cavity with lemon slices and the garlic and herb mixture you just prepared. Drizzle generously with olive oil.

Fold the foil over the fish lengthwise, tightly closing the top seam to trap the steam. Place the foiled fish on top of the hot sheet pan and bake in the 350 degrees F heated-oven for 30-40 minutes, depending on the thickness of the fish.

Remove from heat and add the lemon juice. Serve immediately with suggested sides and salads (see ingredient list).

FOR A PINCH OF *Seabra's* FLAVOR...

Enjoy this Mediterranean dish with your favorite Side salad.