



Mackerel Skewers

Ingredients

Fresh Mackerel Fillets

Olive Oil

Salt & Pepper (to taste)

Lemon Slices

Metal Skewers

Fresh Sage; Salt and Pepper to taste

Preparation

1. Cut mackerel into strips, roll and place onto skewers, alternating with lemon slices. Combine olive oil, salt & pepper. Brush mackerel with the olive oil mixture.
2. Place on preheated grill, cook 5-6 minutes on each side or until fully cooked.
3. Serve with fresh sage over brown or white rice.