

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

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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.