

# Grilled Mackerel with Tomato Salad

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-jack-mackerel-recipe>

## Ingredients:

- 2 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 1 tablespoon coriander seeds crushed
- 1 tablespoon fresh oregano finely chopped, plus more for garnish
- 3/4 teaspoon fine sea salt
- 1/4 teaspoon ground black pepper
- 2 pounds mackerel or 2 smaller, 1-pound mackerel, cleaned, head removed and fins trimmed
- 3 tomatoes cut into wedges

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 120 milligrams
4. Fat: 12 grams
5. Fiber: 2 grams
6. Protein: 47 grams
7. SaturatedFat: 1 grams
8. Sodium: 810 milligrams
9. Sugar: 3 grams

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