

Description: A simple and flavorful dinner featuring grilled mackerel served with a refreshing parsley rice

Ingredients:

- 4 mackerel fillets (6 oz each)
- 1 cup uncooked white rice
- 1/4 cup chopped fresh parsley
- 2 tbsp olive oil
- 1 tsp salt
- 1/2 tsp black pepper

Instructions:

1. Preheat grill to medium-high heat
2. Season the mackerel fillets with salt and pepper
3. Grill the mackerel for 4-5 minutes per side, or until cooked through
4. Cook the rice according to package instructions
5. Mix chopped parsley into the cooked rice
6. Serve the grilled mackerel with parsley rice and drizzle with olive oil

Tips:

- Make sure to not overcook the mackerel, as it can become dry
- Use fresh parsley for the best flavor

Generated on: 8/21/2025, 7:21:38 PM

Original ingredients requested: mackerel, rice, parsley (Meal type: dinner)