

Tamari Ginger Marinated Broiled Mackerel

Servings: 4

Ingredients

- 1¼ lbs. Mackerel fillet
- ¼ cup Tamari (or soy sauce)
- ¼ cup Mirin (Japanese sweet wine)
- 1 Tbl. sugar or maple syrup
- ½ Tbl grated fresh ginger root
- Cooking spray or foil

Directions:

1. Mix tamari, mirin, sugar and ginger and marinate fish at least 30-minutes (up to a couple hours is fine).
2. Make sure the upper oven rack is in the 2nd (not closest) notch from the top.
3. Preheat broiler for 5- to 10-minutes.
4. Place fish on broiler pan (*which—for easy clean up—you've either covered with foil, or sprayed with cooking spray*).
5. Place fish under broiler and broil approximately 5-minutes *per side* (depending on the thickness of the filets).
6. Fish will flake easily with a fork when done.

Nutrition:

 (Serving size: 5 oz.)

Calories: 310	Protein: 26.9g	total carbohydrate: 3.8g	total fat: 19.7g
sugars: 3.5g	saturated fat: 4.6g	sodium: 379mg	dietary fiber: 0g