

# Pan Roasted Mackerel with Florida Vegetables and Fine Herbs

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## Ingredients

- 4 to 6 7-ounce mackerel fillets
- 2 tablespoons olive oil, plus extra for dizzling
- 1 large yellow squash, diced
- 1/2 large red bell pepper, diced
- 1 medium onion, large diced
- 1 large tomato, small diced
- 1 small eggplant, large diced
- 3 cloves garlic, minced
- 1 lemon, sliced
- 1 teaspoon fresh rosemary, chopped
- 1 teaspoon fresh oregano, chopped
- 1 tablespoon fresh parsley, chopped
- kosher salt to taste
- fresh ground pepper to taste

## Directions

1. Preheat oven to 350 degrees F. Preheat a large oven proof sauté pan over medium high heat. Add 2 tablespoon of olive oil to the pan. Season mackerel fillets lightly with salt and pepper. Add seasoned fillets to heated pan and sear fillets on both sides.
2. Add squash, bell pepper, onion, tomato, eggplant and garlic to pan with fish. Season vegetables with salt and pepper. Sprinkle rosemary and oregano over fish and vegetables. Place pan in oven uncovered for around 10 to 12 minutes or until fish is cooked throughout and vegetables are crisp tender.
3. Remove from oven and garnish with chopped parsley and a drizzle of olive oil. Serve family style.

Tags: [eggplant](#) [Garlic](#) [Lemon](#) [mackerel](#) [onion](#) [oregano](#) [parsley](#) [red bell pepper](#) [rosemary](#) [Tomato](#) [yellow squash](#)