Less than 30 minutes
Serves 4
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Ingredients:

- ½ cup (125ml) softened butter
- 3 sheets nori seaweed, shredded
- Salt and milled pepper
- 4 large mackerel fillets
- 2 Tbsp (30ml) olive oil
- Juice (60ml) of 1 lemon
- Lemon and lime wedges, for serving

GOOD IDEA
Make it a meal and serve mackerel with egg-fried rice.

Method:

1. Combine butter and nori and set aside.
2. Season mackerel lightly.
3. Heat oil in a pan and fry fillets skin-side down for 3 minutes or until golden.
4. Add lemon juice and half the nori butter and flip fish.
5. Fry for another 2 minutes.
6. Serve fish warm, with remaining butter and lemon and lime wedges on the side.