



Greek-style mackerel with tomatoes and potatoes

25'
Hands on

75'
Cook Time

4
Portion(s)

1
Difficulty



Ingredients

- 3 potatoes
- 2 tomatoes
- 1 onion
- 1 fennel bulb
- salt
- pepper
- 150 g olive oil
- 1 tablespoon(s) thyme leaves
- 2 tablespoon(s) rosemary, only the leaves
- 100 g white wine
- 500 g mackerel, filleted

To serve

- 1/2 bunch parsley, finely chopped

Διατροφικός πίνακας

Nutrition information per portion

1043 Calories (kcal)	70.0 Total Fat (g)	13.0 Saturated Fat (g)	56.0 Total Carbs (g)
52%	100%	65%	22%
7.3 Sugars (g)	42.0 Protein (g)	8.7 Fibre (g)	1.9 Sodium (g)
8%	84%	35%	32%

Method

- Preheat the oven to 180°C (350°F) set to fan.
- Peel the potatoes and cut them into rounds.
- Cut the tomatoes, the onion, and the fennel bulb into rounds.
- In a [bowl](#) add the potatoes, the onion and the fennel bulb, add salt, pepper, half of the olive oil, the thyme, the rosemary, and mix with a spoon.
- Spread the mixture with the veggies into a baking dish or into a 30x40 cm [baking pan](#).
- Spread the tomato slices over the vegetables.
- Pour the wine over the veggies and cover with aluminum foil.
- Bake in the oven for 50-60 minutes.
- Take the pan out of the oven and remove the aluminum foil.
- Spread the remaining olive oil over the mackerel, sprinkle with salt and pepper, and place the fish on top of the veggies, skin-side up.
- Bake in the oven for another 15 minutes.
- Remove the baking dish from the oven.
- Sprinkle with a little finely chopped parsley and serve.