

Grilled Mackerel and Chili Sauce

Ingredients:

2 Cleaned Mackerel
Low sodium soy sauce
Foil paper
5-6 Thai chilies
3 Garlic gloves
3 palm sugar or 1/2 -1 teaspoon of stevia
6 - 10 Stems of chopped Cilantro
3 Tablespoons of Fish sauce
1 -1 1/2 limes juices (I like it sour.)
3 - 4 Slices of Ginger (Optional, if you're not a fan of the smell of fish sauce, the aroma of ginger will solve the problem for you.)

Preparation

Rub the cleaned mackerel with low sodium soy sauce then wrap each mackerel in a foil paper. Make sure you wrap them well, so the soy sauce doesn't leak out. Grilling a mackerel doesn't take too long, it takes about 10 - 15 minutes under high heat.

While we're waiting for the mackerel to be cooked, let's prepare the sauce. Put chilies, garlic, chopped cilantro in a mortar and crush them really good like you mean it with a pestle. If you don't have a mortar and pestle, you can use a blender instead and make sure you mix the ingredients real good. Then add sugar, fish sauce, and lime juices with all the ingredients that you just blended. Taste the sauce, you can add more sweeten, chilis, fish sauce, or lime juices as you decide. For more nutrition, you can steam some broccoli and/ or carrots plus steamed brown rice on the side.