

Pacific Mackerel Rice

15 min
CA
2

Ingredients

2 cooked mackerel fillets, deboned
1 cup steamed short-grain rice
1/2 cup kimchi
1/2 avocado, sliced
1 teaspoon soy sauce
1 tablespoon Kewpie Mayo
1/2 tablespoon sriracha
1 package of roasted, salted seaweed (snack size)
Sesame seeds (optional)

Instructions

In a bowl, break up mackerel fillets (remove any bones you may encounter) and stir in steamed rice until well-combined.

Mix in soy sauce, mayo, and sriracha.

Add kimchi and avocado alongside mackerel rice, and optionally top the rice with sesame seeds.

To eat, place a spoonful of rice in a small sheet of seaweed, top with a piece of kimchi and avocado.

Tip: After cooking mackerel fillets, use chopsticks, a small fork, or your hands to locate rib bones — they are easy to spot and remove once cooked.

Recipe from Fishful Future, inspired by Emily Mariko's leftover salmon rice.

Photo by Jake Stein

Species Group

Herring, Mackerel, Sardine