



# ***Flying Inspiration***

*Fly with the Feminine ...*

**Gabriella Guglielminotti Trivel's recipes**

## **Mackerel with courgettes and pineapple**

**Suggestions: a dish rich in omega-3 fatty acids, folate, potassium, manganese and vitamin C with a satisfying and summery taste that nourishes you after your Summer exertions and fun outdoor days.**

### **Instructions**

**olive oil**



**chillies**



**coconut cream**



**turmeric**

Heat some olive oil in a pan, then put some finely chopped onions, garlic, fresh or dry chillies, coconut cream flakes and turmeric powder.



sea salt



Chop the courgettes in little chunks and add them in the pan, sprinkle some sea salt on them and let them cook for a while mixing them with the rest.



black



pepper



white wine

Wash some fresh mackerels, dry them and sprinkle their bellies with sea salt and black pepper, then put them in the pan on top of the mix of onions and courgettes and salt them on both sides. Cover the pan so that they cook nicely at a medium heat. When they start to dry, add some white wine of your choice and let them cook for another while.



Add some finely sliced pineapple, mix it to the rest and let it all cook nicely. When you see that the fish is cooked and you have turned it few times on either side, lower the heat and let it simmer for another while before turning the heat off. Before serving add on top of it some chopped coriander.



If you like this recipe, I would like to read your comments!  
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