

Courgette Guacamole with **Flaked Sardine** **Douceur des Bastides**



4 people

20 min preparation time

15 min cooking time

All ingredients

2 tins of 80g La belle-iloise Flaked Sardine Douceur des Bastides
2 small courgettes
8 cherry tomatoes
4 tablespoons fromage frais
1 pinch of pepper and salt
1 garlic clove
2 spring onions
Juice of 1/2 lime
2 tablespoons olive oil
2 slices of farmhouse bread

Steps

- 1- Wash the courgettes, remove the ends and peel, leaving green strips
- 2- Cut the courgettes into medium-thick slices and cook in boiling salted water for 15 mins
- 3- Drain the courgettes and leave to cool. There should be no water left. If necessary, squeeze the courgettes with a spoon
- 4- Peel and roughly chop the garlic and onions. Add the well-drained courgettes, lemon juice and olive oil and blend finely. Season with salt and pepper
- 5- Divide the courgette guacamole between the bases of the verrines and top with the sardine crumble
- 6- Add a tablespoon of fromage blanc to each verrine and 2 cherry tomatoes, halved
- 7- Chill for 30 minutes
- 8- Serve with thin slices of toasted farmhouse bread