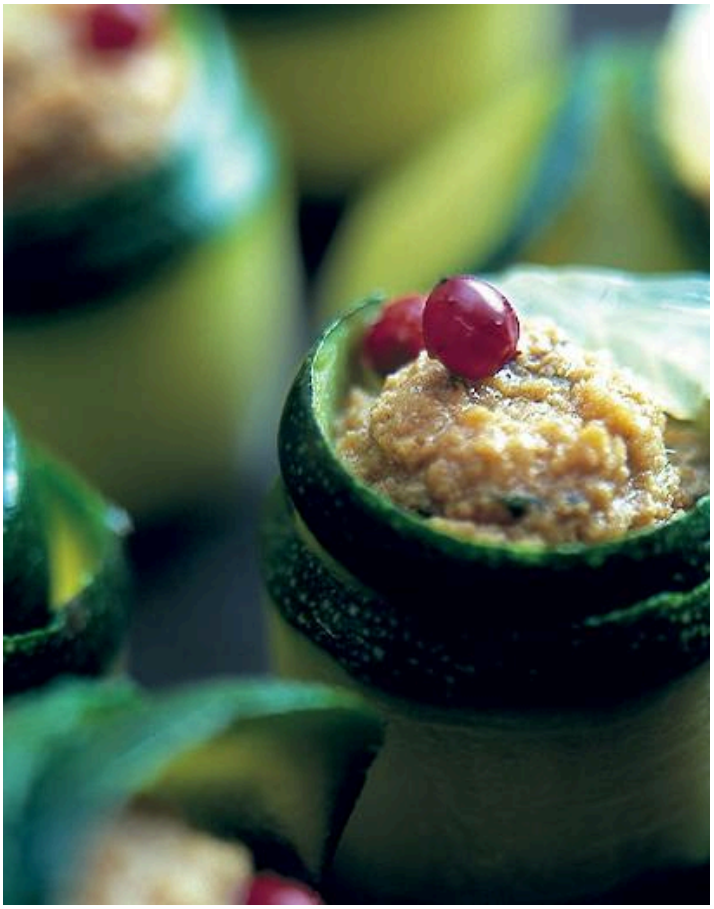
Courgette and **Sardine cream** millefeuille





2-4 people | 25 min preparation time | None cooking time

All ingredients

2 tins of 120 g la belle-iloise Sardine and whisky cream
1 chopped clove garlic
1 teaspoon chopped parsley
1 small courgette
2 tablespoons instant mashed potato powder
2 slices lemon
1 pinch pepper
3 pinches salt
3 tablespoons water
Some pink peppercorns for decoration

Steps

1- In a large bowl, mix the garlic, parsley, mashed potato, salt, pepper, and sardine cream
2- Add 3 tablespoons of water, mix and leave to thicken in the refrigerator
3- During this time, make thin lengthwise strips of courgette with a vegetable peeler (or a paring knife)
4- Blanch these strips in boiling salted water for 30 seconds
5- Immerse in cold water immediately to stop them cooking
6- Drain on absorbent paper
7- Place a teaspoon of the mixture on one end of a courgette strip and roll up
8- Turn on their sides and decorate with a tiny sliver of lemon without the skin and 2 or 3 pink peppercorns
9- Chill until ready to serve