

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