

# Summer artichoke **tartlet**



6 people

10 min preparation time

15 min cooking time

## All ingredients

**3 tins of 80g** la belle-iloise Au cœur d'Argoat flaked mackerel with artichoke hearts  
**1** shortcrust pastry  
**12** cherry tomatoes  
**12** radishes  
**1** floret fresh cauliflower (approx. 100 g)  
**1** small courgette  
**1** handful mesclun salad

## Steps

- 1- Line 6 tartlet moulds with the shortcrust pastry and prick the bottoms
- 2- Bake at 200°C for 15 to 20 min
- 3- Use a vegetable peeler to cut thin strips of courgette
- 4- When the tartlet shells are cooked and have cooled, evenly distribute 2.5 tins of the flaked mackerel
- 5- Decorate with: small rolls of courgette, thin slices of radish, tomato halves and little cauliflower florets
- 6- Top with the remaining half tin of flaked mackerel
- 7- Serve on a bed of salad