

Tomato, sardine and guacamole verrines



12 people

15 min preparation time

cooking time

All ingredients

2 jars of 105g la belle iloise chopped tomatoes & sardines
1 avocado (approximately 250g)
1/2 small shallot (approx. 10g)
2 tablespoons lemon juice (approx. 15g)
3 pinches of salt
A few drops of green Tabasco (or red)
20 cubes of feta marinated in oil
For decoration: a coriander or fennel leaf

Steps

- 1- Finely chop the shallot
- 2- Coarsely crush the avocado flesh with the lemon juice, salt and Tabasco
- 3- Crumble the feta cheese
- 4- Place the guacamole in the bottom of the verrines
- 5- Top with the tomato and sardine concassé
- 6- Top each with feta cheese crumbles and a sprig of herb
- 7- Chill for at least 30 minutes before serving