

No-pastry **Mackerel and spinach quiche**



8 people

10 min preparation time

20 min cooking time

All ingredients

3 tins of 118g la belle-iloise Mackerel fillets with bergamot lemon and dill
100g de crème fraîche
100g fresh spinach leaves
3 eggs
2 tablespoons flour
3 pinches salt (1.5g)
Olive oil (for the tart mould)

Steps

- 1- Preheat the oven to 200°C (gas mark 6)
- 2- Rinse and steam the spinach in a covered pan for 3 to 4 minutes
- 3- Drain the mackerel fillets, keeping the sauce
- 4- In a bowl, mix the eggs, crème fraîche, flour, salt and mackerel sauce to obtain a homogeneous mixture, then add the coarsely flaked mackerel fillets and spinach
- 5- Pour the mixture into the tart mould that is either oiled or lined with cooking film
- 6- Bake in a hot oven for 20 to 25 minutes
- 7- Leave to stand for 5 minutes before cutting into portions
- 8- Serve with a green salad