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