Flatbread **with Mackerel fillets**





4 people | 15 min preparation time | 5 min cooking time

All ingredients

2 tins of 118g of la belle-iloise Mackerel fillets with bergamot lemon and dill
140g flour
25g parmesan
1/2 teaspoon baking powder
17.5g polenta (or fine semolina)
Pinch of salt
70 ml of hot water
30 ml of olive oil
Fresh basil
Ricotta
Lemon
Olive oil
Garlic
Parmesan
Cashew
Nuts
Fresh spinach
Salt and pepper

Steps

1- Mix all the dry ingredients for the dough
2- Mix the oil and hot water, add to the dry mixture, knead quickly to obtain a soft dough. Leave to rest for an hour
3- Place the coarsely chopped fresh spinach, cashew nuts, Parmesan, clove of garlic cut into pieces, a pinch of salt, pepper and olive oil in a food processor
4- Blend. Do not blend for too long, there should still be a few pieces of cashew nuts

5- Pour the mixture into a bowl and set aside
6- Zest a lemon onto the ricotta. Combine
7- Season with salt and pepper. Add a few chopped basil leaves. Combine
8- Roll out the dough with a rolling pin. Add flour so that it does not stick
9- Heat a little olive small in a frying pan
10- When the pan is hot, cook the dough for about 2 minutes on each side, it should be golden brown
11- Assembling the flatbread: spread with the ricotta, lemon zest and basil mixture, distribute the flaked mackerel fillets, drizzle with several spoonfuls of pesto and sprinkle with some chopped cashew nuts
12- Garnish with a few fresh basil leaves on top