

# 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 oil 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