

Mackerel, ricotta, peas, and broad beans on toast



2 people

10 min preparation time

15 min cooking time

All ingredients

1 tin of 118g la belle-iloise Mackerel fillets with bergamot lemon and dill
150g ricotta
4 slices sourdough bread
100g green peas
100g broad beans
100g of kale
1 lemon
Olive oil
A few mint and parsley leaves
A few toasted buckwheat seeds
Salt and Timut pepper

Steps

- 1- Cook the peas in boiling water for 15 minutes. Add the broad beans five minutes before the end. Drain the vegetables, then plunge them into a bowl of iced water. Put to one side
- 2- Remove the central veins from the kale leaves with a knife or by hand. Wash the leaves and cut them into strips. Chop the mint and parsley leaves
- 3- Zest the lemon and set aside the zest, then cut it in half and squeeze out the juice. Set aside
- 4- In a bowl, mix the peas, beans, kale, fresh herbs, lemon zest and juice and a drizzle of olive oil. Set aside
- 5- In another bowl, mix the ricotta, mackerel and Timut pepper
- 6- Toast two slices of bread. Spread with the mackerel and ricotta, then top with the green vegetable mixture. Lightly season with salt and pepper. Sprinkle with the toasted buckwheat seeds and drizzle with olive oil. Eat straight away!

