Roast carrots and **Mackerel filets with lemon and 5 peppercorns**





4 people | 30 min preparation time | 10 min cooking time

All ingredients

1 tin of 176g la belle-iloise Mackerel fillets with lemon and 5 peppercorns
Broad beans
Baby carrots
Olive oil

Steps

1- Preheat the oven to 200°C/ gas mark 6-7. Bring a large pan of water to the boil
2- Shell the broad beans and rinse the carrots
3- Cook the broad beans for 5 minutes in boiling water. Drain and then peel them
4- Cover a baking sheet with parchment paper. Distribute the carrots uniformly and drizzle with olive oil. Bake for 10 minutes
5- Take the carrots out of the oven, allow to cool then arrange them on 4 plates with the mackerel fillets and broad beans, drizzle with the juice from the mackerel fillets