Courgette and **crumbled Mackerel salad**





4 people | 10 min preparation time | cooking time

All ingredients

2 tins of 160g of la belle-iloise flaked Mackerel with Herbs and Menton Lemon
300g of green courgettes
300g of yellow courgettes
25g toasted pine nuts
Juice of one lemon

Steps

1- Rinse the courgettes and cut them into thin slices with a mandolin
2- Place them in a dish and toss with the lemon juice, salt and pepper. Leave to marinate for an hour
3- Drain, divide between the plates and top with the flaked mackerel and toasted pine nuts
4- Serve chilled!