

Mini **Mackerel** and courgette domes



3 people

20 min preparation time

1 min cooking time

All ingredients

1 tin of 118g la belle-iloise mackerel fillets in white wine
1 jar la belle-iloise rouille sauce
100g fresh goat's cheese
1 small courgette
1 medium-sized tomato
6 basil leaves
3 slices soft white bread

Steps

- 1- Cut the courgette into thin slices and blanch for 1 minute in boiling salted water
- 2- Drain the courgette slices
- 3- Drain the mackerel fillets, keeping the marinade
- 4- In a salad bowl, flake the mackerel fillets with a fork, add half the tin of rouille sauce
- 5- In another bowl, mix the goat's cheese with 3 chopped basil leaves
- 6- Line 3 ramekins with plastic film
- 7- Place overlapping slices of courgette around the edge
- 8- Place a slice of tomato in the bottom, add a layer of cheese and then finally the mackerel. Finish with the remaining courgettes
- 9- Mix the rest of the rouille with the saved mackerel marinade to obtain a coating sauce
- 10- Keep chilled until time to serve
- 11- Unmould the ramekins and decorate with the remaining basil leaves
- 12- Serve with the toasted bread and the sauce on the side