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