Stuffed tomatoes with **Mackerel and Menton lemon**





6 people | 10 min preparation time | 10 to 12 min cooking time

All ingredients

2 tins of 80g la belle-iloise Flaked Mackerel with herbs and Menton Lemon
2 carrots (approx. 150g)
6 large tomatoes
60g quinoa
Juice of a small lemon
A few chives

Steps

1- Cook the quinoa in salted water for 10 to 12 min. Drain and rinse with cold water
2- In a large bowl, mix the well-drained quinoa with the grated carrots, chopped chives and lemon juice
3- Add the flaked mackerel and mix gently
4- Cut the tomatoes in half and scoop out the insides
5- Stuff the tomatoes with the mixture and chill for at least 30 minutes
6- Before serving, decorate with a few chives and thin slices of lemon