

Escartefigue-style mackerel and fennel casserole



2 people

10 min preparation time

25 min cooking time

All ingredients

1 tin of 80g la belle-iloise Escartefigue-style flaked Mackerel

1/2 fennel bulb (approx. 200g)

4 pinches salt

Bake in a hot oven for 20 minutes at 200 °C (gas mark 6).

Steps

- 1- Cut the fennel in half and then into thin strips (using a mandolin)
- 2- In a bowl, toss the fennel with the salt and pepper
- 3- Mix in the tin of Escartefigue-style flaked mackerel
- 4- Divide the mixture between two mini casseroles and put the lids on (the volume decreases by half during cooking)
- 5- Bake in a hot oven for 20 minutes at 200 °C (gas mark 6)
- 6- Leave to stand 5 minutes before serving