Mackerel with Menton lemon served in shot glasses





4 people | 10 min preparation time | 10-12 min cooking time

All ingredients

2 tins of 80g la belle-iloise flaked Mackerel with Menton lemon
2 carrots (about 150g)
60 g quinoa
1/2 juice of a small lemon (from Menton if possible!)
A few chives

Steps

1- Cook the quinoa in salted water for 10 to 12 minutes. Drain and cool under cold water
2- Peel and grate the carrots
3- In a large bowl, mix the well-drained quinoa with the grated carrots, chopped chives and lemon juice
4- Add the flaked mackerel and mix gently
5- Divide between the glasses
6- Chill for at least 30 minutes
7- Before serving, decorate with some whole chives and slices of lemon