Mackerel **Croquetas**





4 people | 15 min preparation time | 10 min cooking time

All ingredients

2 tins of 118g la belle-iloise Mackerel fillets with olive oil, lemon and 5 peppercorns
2 mashed potatoes
1 egg
60g breadcrumbs
4 pinches of salt
2 pinches chopped fresh coriander leaves or parsley
1 lemon

Steps

1- Cook the jacket potatoes in water or in the microwave
2- Open the tins of mackerel fillets and reserve the oil for cooking
3- Peel and mash the potatoes with a fork
4- Add the egg, seasoning, fish and 1/3 of the breadcrumbs
5- Chill for 10 minutes
6- Shape 12 small pucks by hand and coat with the remaining breadcrumbs
7- Brown the palets in a frying pan with the oil from the tin, turning them from time to time
8- Serve with a green salad and lemon wedges to squeeze over the croquetas before eating