

Mackerel and fusilli salad



4 people

15 min preparation time

7 min cooking time

All ingredients

1 tin of 160 g la belle-iloise Escartefigue-style crumbled Mackerel
40 g 3-colour spiral pasta
1/4 red onion (approx. 25 g)
1 tomato
40 g diced feta
Small handful of rocket leaves
Salt

Steps

- 1- Cook the pasta in salted water for the specified time, then drain and rinse with cold water
- 2- In a salad bowl, place the mackerel with its oil, the sliced tomato, the finely chopped onion and mix everything together
- 3- Add the pasta and the feta cheese, cut into small cubes
- 4- Mix and chill before serving, add the salad leaves