# Papillotes of **Mackerel with Mustard**







4 people | 30 min preparation time | 4 min cooking time

## All ingredients

**2 cans of 176g** la belle-iloise Mackerel in mustard sauce
**400g** new potatoes
**2** carrots
**100g** spinach shoots
**4** spring onions

## Steps

1- Cook the potatoes with the skins on in salted water
2- When they are lukewarm, peel and slice them
3- Chop the onions
4- Cut out 4 large sheets of baking paper and place on a flat surface
5- Arrange the potato slices equally on each sheet of paper
6- Add one mackerel fillet per leaf with a little sauce, and the chopped onions
7- Close the papillotes carefully, turning the ends to seal them hermetically
8- Heat in the microwave on maximum power for 4 minutes
9- Meanwhile, use a vegetable peeler to cut the carrots into tagliatelle
10- Remove the papillotes from the microwave and leave to stand for 1 min before opening
11- On top, add the spinach shoots and carrot tagliatelle and season with a little vinaigrette