

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