Beetroot tartar with **mackerel and seeds of paradise**





2 people | 10 min preparation time | cooking time

All ingredients

1 tin of 160g la belle-iloise crumbled Mackerel with grains of paradise
1/2 lemon juice
1 tablespoon olive oil
2 tablespoons fromage frais
1 large beetroot
Salt and pepper
2 slices of gingerbread
60g green salad

Steps

1- Cut the beetroot into small cubes and place in a bowl with the lemon juice and olive oil. Season with salt and pepper and add the chives
2- Mix everything together and leave to stand for a few moments in this marinade
3- Open and invert the tin of la belle-iloise Paradise Seed Mackerel Crumble into a bowl. Add the fromage frais and mix well
4- Arrange small rounds of crumble on the plates and add the beetroot on top of the crumble
5- Serve the tartare with salad and a slice of toasted gingerbread