

Mackerel and white wine quiche



6 people

20 min preparation time

35 min cooking time

All ingredients

2 tins of 176 g [la belle-iloise mackerel fillets with white wine and aromatic flavourings](#)

1 disc shortcrust pastry

3 large eggs

200 ml whipping cream

1 small lemon

2 pinches pepper

2 pinches salt

2 sprigs fresh thyme

Steps

- 1- Preheat the oven to 200 °C (gas mark 6)
- 2- Line a tart mould with the pastry, prick the bottom with a fork and cook "blind" for 10 min
- 3- Cut the lemon into 6 slices
- 4- Drain the mackerel fillets keeping the juice and distribute them over the bottom of the tart
- 5- Beat the eggs, cream, pepper, salt, and mackerel juice in a bowl and pour the mixture over the mackerel fillets
- 6- Sprinkle with the thyme and place the lemon slices on top
- 7- Bake for 35 minutes
- 8- Allow to stand for 5 minutes before cutting into portions.