

# 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