

# Mackerel lasagne



4 people

20 min preparation time

45-50 min cooking time

## All ingredients

**3 tins of 112,5g** la belle-iloise Mackerel fillets with tomato  
**8** lasagne sheets  
**70g** grated gruyère  
**750 ml** milk  
**35g** butter  
**35g** flour  
**5g** salt (one level teaspoon)  
**3 pinches** pepper  
**2 pinches** nutmeg

## Steps

- 1- Preheat the oven to 200 °C (gas mark 6)
- 2- Make the béchamel: Melt the butter in a saucepan, add the flour and mix to obtain a homogeneous paste. Add the milk gradually, stirring constantly, and bring to the boil. Add the salt, pepper and nutmeg
- 3- Soak the lasagne sheets in cold water a few minutesquelques minutes
- 4- Flake the mackerel with tomato in a bowl using a fork
- 5- In an oven proof dish, make a layer of béchamel, a layer of lasagne, a layer of flaked mackerel with tomato, a layer of béchamel, a layer of lasagne, a layer of mackerel, a layer of béchamel and then sprinkle the top with the grated gruyère
- 6- Bake for approx. 45 minutes