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