

Mini **Mackerel** appetisers



6 people

20 min preparation time

None cooking time

All ingredients

1 tin of 176g la belle-iloise Mackerel fillets with white Wine and Aromatic flavourings

30g fromage blanc

1 small carrot (50g)

1/3 cucumber (80 g)

Juice of half a pink grapefruit

4 pinches salt

4 pinches ground cumin

1 Granny Smith apple

For decoration, choice of chopped parsley, sprigs of chervil, etc.

Steps

- 1- Peel and finely dice the carrots (2 to 3 mm)
- 2- Wash, seed and finely dice the cucumber
- 3- Mix with the fromage blanc, salt and cumin
- 4- Drain the mackerel and put half the juice to one side, coarsely flake the mackerel with a fork
- 5- Wash and finely dice (5 mm) the apple (without peeling it)
- 6- Place in a bowl with the grapefruit juice and the mackerel juice
- 7- Take 6 small glasses and place 2 teaspoons of the apple in the bottom (covered with juice), then add a good 2 teaspoons of mackerel and 2 teaspoons of the diced vegetable mixture
- 8- Decorate the top however you like with some herbs
- 9- Chill for 30 minutes to an hour before serving