

# Armorique-style mackerel salad



4 people

15 min preparation time

40 min cooking time

## All ingredients

**2 tins 1/10 of 80 g** flaked Mackerel with Artichoke hearts  
**12** cherry tomatoes  
**1** avocado  
**1** potato cooked in its skin  
**8** round radishes  
**4** handfuls lamb's lettuce  
**1** handful spinach leaves  
Juice of **half a lemon**

## Steps

- 1- Cook the potatoes in their skins
- 2- Cut the avocado in half, use a tablespoon to remove the flesh in one piece, then cut into thin slices widthwise and drizzle with the lemon juice
- 3- Peel and cut the potatoes into half-slices
- 4- Slice the radishes and quarter the tomatoes
- 5- Put the lamb's lettuce, spinach leaves, avocado slices, potatoes and radishes on the plates
- 6- Distribute half a tin of flaked mackerel over each plate. Finish with the cherry tomatoes