

# Tomato, sardine and guacamole verrines



12 people

15 min preparation time

cooking time

## All ingredients

**2 jars (105 g)** la belle iloise chopped tomatoes & sardines  
**1** avocado (approximately 250 g)  
**1/2** small shallot (approx. 10 g)  
**2 tablespoons** lemon juice (approx. 15 g)  
**3 pinches** of salt  
**A few drops** of green Tabasco (or red)  
**20 cubes** of feta marinated in oil  
For decoration: a coriander or fennel leaf

## Steps

- 1- Finely chop the shallot
- 2- Coarsely crush the avocado flesh with the lemon juice, salt and Tabasco
- 3- Crumble the feta cheese
- 4- Place the guacamole in the bottom of the verrines
- 5- Top with the tomato and sardine concassé
- 6- Top each with feta cheese crumbs and a sprig of herb
- 7- Chill for at least 30 minutes before serving