

Buddha bowl with mackerel, bergamot lemon and dill



4 people

10 min preparation time

10 min cooking time

All ingredients

2 tins (118 g each) [la belle-iloise mackerel fillets with bergamot lemon and dill](#)
150 g rice
50 g red quinoa
1/2 orange bell pepper (approx. 80 g)
1 red onion (approx. 100 g)
1/3 cucumber (approx. 150 g)
1/4 white cabbage (approx. 250 g)
1 avocado (approx. 160 g)
100 g fromage blanc
Juice of **half a** lemon
Salt

Steps

- 1- Cook the rice with the quinoa, drain and set aside to cool
- 2- Cut the avocado in half, remove the stone and then using a spoon, separate the flesh from the skin, keeping it in one piece. Cut into strips and sprinkle with lemon juice to prevent browning
- 3- Finely slice the bell pepper, onion, white cabbage and cucumber, lightly season with a little salt and leave to marinate refrigerated
- 4- Mix the mackerel juice with the fromage blanc to make the sauce
- 5- Place some of the cold rice in the bottom of the bowls
- 6- Arrange the other ingredients harmoniously around the edge and place the coarsely flaked mackerel in the centre. Serve with the sauce
- 7- Serve with the sauce