

# Courgette and crumbled Mackerel salad



4 people

10 min preparation time

cooking time

## All ingredients

**2 tins of 160 g** of la belle-iloise flaked Mackerel with Herbs and Menton Lemon  
**300 g** of green courgettes  
**300 g** of yellow courgettes  
**25 g** toasted pine nuts  
Juice of one lemon

## Steps

- 1- Rinse the courgettes and cut them into thin slices with a mandolin
- 2- Place them in a dish and toss with the lemon juice, salt and pepper. Leave to marinate for an hour
- 3- Drain, divide between the plates and top with the flaked mackerel and toasted pine nuts
- 4- Serve chilled!