

# Seasonal salad with fried mackerel-potato cakes



2 people

20 min preparation time

40 min cooking time

## All ingredients

**1 tin** [la belle-iloise mackerel fillets with white wine](#)

**200 g** potatoes

A few sprigs of parsley

**1/2** organic lemon

**2 tbsp** olive oil

Salt, pepper

## Steps

- 1- Peel the potatoes. Cut them into small cubes and steam for 30 minutes.
- 2- Transfer the potatoes to a large bowl. Mash them with a fork or a potato masher. Add the olive oil and then the flaked mackerel fillets. Sprinkle in the chopped parsley, or cut it directly over the bowl using scissors. Season with salt and pepper. Grate the zest from half of the lemon and mix it with the other ingredients in the bowl.
- 3- Moisten your fingers and shape little potato-mackerel cakes or balls, trying to make them all the same size.
- 4- Heat a generous amount of olive oil in a non-stick frying pan. Add the cakes and fry over medium heat for about 10 minutes, turning to brown all sides. They should be golden brown.
- 5- Prepare the sauce: mix all the ingredients in a small bowl and set aside.
- 6- Using a vegetable peeler, make carrot and courgette tagliatelle. Leave the carrots as they are and roll-up the courgette tagliatelle into swirls. Cut the red cabbage into thin strips. Cut the cherry tomatoes in half.
- 7- Take two bowls and assemble the ingredients: put a handful of baby spinach leaves in each bowl, then the tomatoes, red cabbage, courgette and carrot. Finish with the fish cakes in the centre. Serve cold or hot as desired.
- 8- Drizzle a little fromage blanc sauce over each bowl and enjoy!