

Courgette, Menton Lemon and Mackerel terrine



8 people

15 min preparation time

40 min cooking time

All ingredients

- 3 tins of 80 g** la belle-iloise flaked Mackerel with Herbs and Menton Lemon
- 750 g** courgettes
- 30 g** breadcrumbs
- 4** eggs
- 30 g** grated Emmental
- 2 tablespoons** olive oil
- 1.5 teaspoon** salt (5 g)
- 2 pinches** pepper

Steps

- 1- Grate the courgettes
- 2- Cook the grated courgettes for 5 minutes covered, and then over medium heat with the olive oil for 8 to 10 minutes, stirring frequently
- 3- Leave to cool slightly
- 4- Mix with the rest of the ingredients in a large bowl
- 5- Butter a loaf tin
- 6- Bake in hot oven for about 40 minutes at 200 °C (gas mark 6)
- 7- Leave to cool and then chill for at least 12 hours
- 8- Unmould and cut into slices approx. 1 cm thick