

Stuffed tomatoes with **Mackerel** and **Menton lemon**



6 people

10 min preparation time

10 to 12 min cooking time

All ingredients

2 tins of 80g la belle-iloise Flaked Mackerel with herbs and Menton Lemon

2 carrots (approx. 150g)

6 large tomatoes

60g quinoa

Juice of half a small lemon (from Menton if possible!)

A few chives

Steps

- 1- Cook the quinoa in salted water for 10 to 12 min. Drain and rinse with cold water
- 2- In a large bowl, mix the well-drained quinoa with the grated carrots, chopped chives and lemon juice
- 3- Add the flaked mackerel and mix gently
- 4- Cut the tomatoes in half and scoop out the insides
- 5- Stuff the tomatoes with the mixture and chill for at least 30 minutes
- 6- Before serving, decorate with a few chives and thin slices of lemon