

# Mini **Mackerel** appetisers



6 people

20 min preparation time

None cooking time

## All ingredients

**1 tin (176 g)** la belle-iloise Mackerel fillets with white Wine and Aromatic flavourings

**30g** fromage blanc

**1 small carrot (50 g)**

**1/3 cucumber (80 g)**

**Juice of half** a pink grapefruit

**4 pinches** salt

**4 pinches** ground cumin

**1** Granny Smith apple

**For decoration**, choice of chopped parsley, sprigs of chervil, etc.

## Steps

- 1- Peel and finely dice the carrots (2 to 3 mm)
- 2- Wash, seed and finely dice the cucumber
- 3- Mix with the fromage blanc, salt and cumin
- 4- Drain the mackerel and put half the juice to one side, coarsely flake the mackerel with a fork
- 5- Wash and finely dice (5 mm) the apple (without peeling it)
- 6- Place in a bowl with the grapefruit juice and the mackerel juice
- 7- Take 6 small glasses and place 2 teaspoons of the apple in the bottom (covered with juice), then add a good 2 teaspoons of mackerel and 2 teaspoons of the diced vegetable mixture
- 8- Decorate the top however you like with some herbs
- 9- Chill for 30 minutes to an hour before serving