

Mackerel with Menton lemon served in shot glasses



4 people

10 min preparation time

10-12 min cooking time

All ingredients

2 tins (total 160 g) la belle-iloise flaked mackerel with Menton lemon

2 carrots (about 150 g)

60 g quinoa

1/2 juice of a small lemon (from Menton if possible!)

A few chives

Steps

- 1- Cook the quinoa in salted water for 10 to 12 minutes. Drain and cool under cold water
- 2- Peel and grate the carrots
- 3- In a large bowl, mix the well-drained quinoa with the grated carrots, chopped chives and lemon juice
- 4- Add the flaked mackerel and mix gently
- 5- Divide between the glasses
- 6- Chill for at least 30 minutes
- 7- Before serving, decorate with some whole chives and slices of lemon