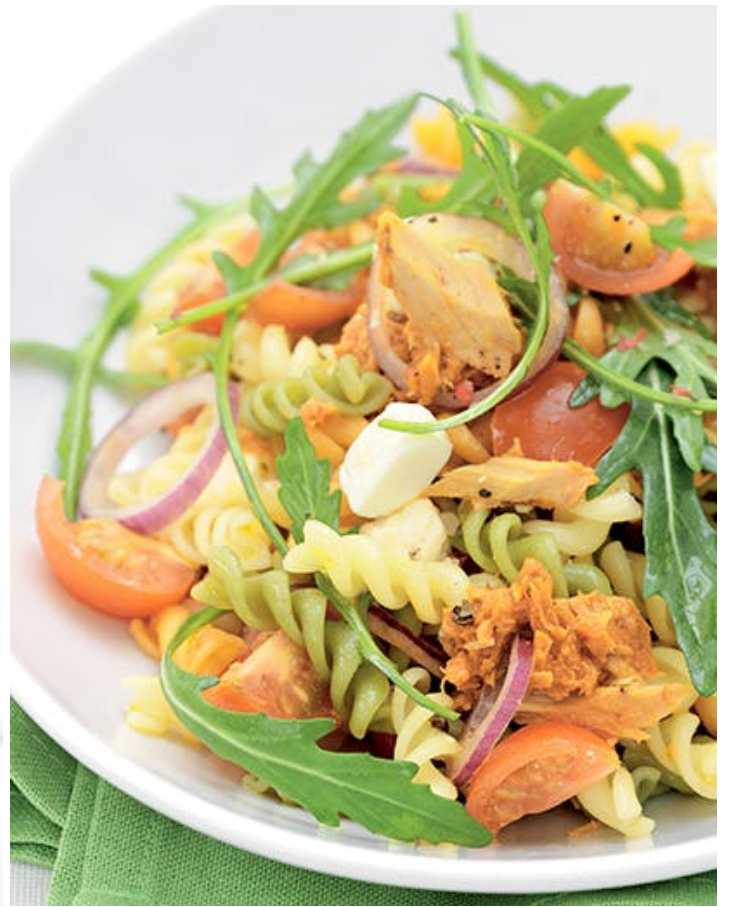


Mackerel and fusilli salad



4 people

15 min preparation time

7 min cooking time

All ingredients

1 tin of 160 g la belle-iloise Escartefigue-style crumbled Mackerel
40 g 3-colour spiral pasta
1/4 red onion (approx. 25 g)
1 tomato
40 g diced feta in oil
Small handful of rocket leaves
Salt

Steps

- 1- Cook the pasta in salted water for the time indicated, then drain and rinse with cold water
- 2- Drain thoroughly
- 3- Put the tuna with its oil in a large bowl, mix in the tomatoes cut in half and then sliced, and the thinly sliced onion
- 4- Add the pasta and the diced feta, cut into smaller cubes
- 5- Combine everything and chill before serving on salad leaves