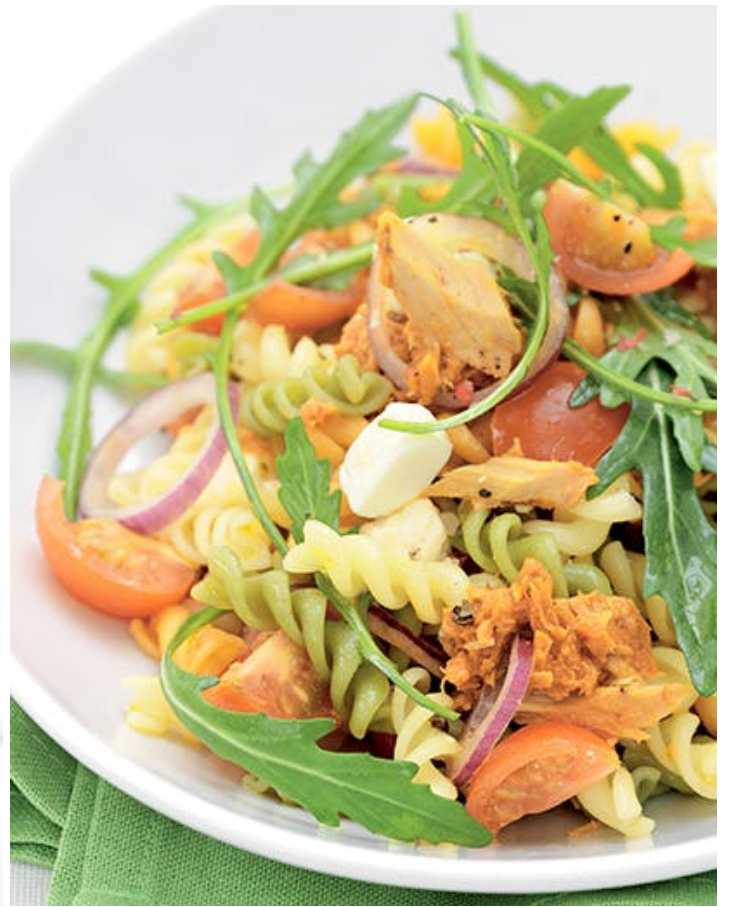


# Mackerel and fusilli salad



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