

# Beetroot tartar with **mackerel and seeds of paradise**



2 people

10 min preparation time

cooking time

## All ingredients

- 1 tin of 160g** la belle-iloise crumbled mackerel with grains of paradise
- 1/2 lemon juice**
- 1 tablespoon** olive oil
- 2 tablespoons** fromage frais
- 1 large** beetroot
- Salt and pepper**
- 2 slices** of gingerbread
- 60g** green salad

## Steps

- 1- Cut the beetroot into small cubes and place in a bowl with the lemon juice and olive oil. Season with salt and pepper and add the chives
- 2- Mix everything together and leave to stand for a few moments in this marinade
- 3- Open and invert the tin of la belle-iloise Paradise Seed Mackerel Crumble into a bowl. Add the fromage frais and mix well
- 4- Arrange small rounds of crumble on the plates and add the beetroot on top of the crumble
- 5- Serve the tartare with salad and a slice of toasted gingerbread