

Mackerel and white wine quiche



6 people

20 min preparation time

35 min cooking time

All ingredients

- 2 tins of 176 g** [la belle-iloise mackerel fillets with white wine and aromatic flavourings](#)
- 1 disc** shortcrust pastry
- 3 large** eggs
- 200 ml** whipping cream
- 1 small** lemon
- 2 pinches** pepper
- 2 pinches** salt
- 2 sprigs** fresh thyme

Steps

- 1- Preheat the oven to 200 °C (gas mark 6)
- 2- Line a tart mould with the pastry, prick the bottom with a fork and cook "blind" for 10 min
- 3- Cut the lemon into 6 slices
- 4- Drain the mackerel fillets keeping the juice and distribute them over the bottom of the tart
- 5- Beat the eggs, cream, pepper, salt, and mackerel juice in a bowl and pour the mixture over the mackerel fillets
- 6- Sprinkle with the thyme and place the lemon slices on top
- 7- Bake for 35 minutes
- 8- Allow to stand for 5 minutes before cutting into portions.