Little Gem salad with mackerel



Ingredients

4

- 4 heads Little Gem
- 200 g mackerel, steamed
- 4 beetroots, cooked
- 1 fennel bulb
- 1 apple
- 30 g Bresc Parrillada aio e lemone
- 10 g Bresc Lemongrass puree
- 30 g yoghurt
- Siso purple

Preparation method

Tear the Little Gem, then wash and dry it. Dice the beetroot and apple, marinate them in half of the aio e lemone. Grate the fennel on the mandoline, then marinate it in the other half of the aio e limone. Season the yoghurt with the lemongrass puree. Divide the beetroot mixture over the lettuce, arrange the fennel over it and divide it over the mackerel. Drizzle the yoghurt over the dish. Garnish with siso purple.

Used Bresc products



Bresc Lemongrass puree 450g



Bresc Parrillada Aio e Lemone 450g

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