

# ***Terrine of mackerel in puff pastry***

800g smoked mackerel fillets  
200g green asparagus tips  
200g broad beans  
400g Cocovite scrambled egg mix  
30g flat parsley  
2 packs of ready made puff pastry  
Salt and pepper

Blanch the beans and asparagus tips for 3 minutes in salted boiling water and then rinse under cold running water. Add the Cocovite scrambled egg mix to the smoked mackerel fillets and flat parsley. Work the mixture together before seasoning with salt and pepper. Line two terrine moulds with the puff pastry and spoon in a layer of the fish mixture, followed by a layer of vegetables until the mould is full. Fold the rest of the puff pastry over the top to form a seal, brush with a little scrambled egg mix and bake in the oven for 35 minutes at 180°C.

