The relative trace formula of Jacquet-Rallis is a tool that should lead to the solution of the global Gan-Gross-Prasad (GGP) conjecture in the $U(n) \times U(n+1)$ case. The work of Pierre-Henri Chaudouard and the author has reduced the analysis of this formula to computing its fine spectral development. I will present recent progress in this direction in the case $U(2) \times U(3)$ and discuss applications to the GGP conjecture as well as the Ichino-Ikeda conjecture. Joint work with Pierre-Henri Chaudouard. (Received July 15, 2019)