

# Baked Fish

How To Fish Serves 4

## Ingredients:

- 2 medium carrots (finely sliced)
- 1 medium onion (finely sliced)
- 1 mug green beans (finely sliced)
- 4 white fish fillets (fresh or frozen)
- 1 teaspoon garlic pureé
- 1 teaspoon fresh grated ginger (you can use dried)
- 1 teaspoon Chinese 5 Spice
- 3 dessertspoons sweet chilli sauce
- 6 dessertspoons light soya sauce

You will also require tin foil.

Notes: .....

### Tip

You can serve the fish with noodles or rice.

## How to...

1. Pre-heat oven to 180°C or gas mark 4.
2. Peel and slice all the vegetables.
3. Line a baking tray with tin foil.
4. Place all the vegetables onto the tin foil.
5. Place the fish fillets on top of the vegetables.
6. In a bowl mix the garlic pureé, ginger, Chinese 5 Spice, sweet chilli and soya sauce.
7. Pour the mixture over the fish and vegetables.
8. Fold tin foil into an envelope shape.
9. Place baking tray in the oven for 20 minutes.

Notes: .....

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# Fish Pie

How To Fish Serves 4

## Ingredients:

- 4 medium potatoes
- 1 pint semi-skimmed milk
- 350g fish pie mix (fresh or frozen)
- 2 dessertspoons low fat spread
- 3 dessertspoons plain flour
- 1 teaspoon mustard (any kind)
- 1 dessertspoon dried parsley
- 4 dessertspoons mixed frozen vegetables
- 4 dessertspoons grated mature cheddar cheese

Notes: .....

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### Tip

Serve with any vegetables that you may have leftover in the fridge.

## How to...

1. Pre-heat oven to 180°C or gas mark 4.
2. Peel and chop the potatoes.
3. Place a large pot of water on a medium heat. Add potatoes, make sure they are covered and boil until soft. Drain, mash and transfer into a deep bowl.
4. Heat milk in a medium pot, add fish pie mix and stir gently for 5 minutes.
5. Remove fish with a slotted spoon and place in a deep ovenproof dish, keep the milk for making the sauce.
6. To make the sauce, place the pot with the milk over a medium heat. Add low fat spread, flour and whisk continuously until it begins to thicken. Then add the mustard, parsley and mixed vegetables. Reduce the heat and cook for a further 5 minutes.
7. If the sauce becomes too thick then you may need to add a little more milk. Pour sauce over the fish then cover with mashed potatoes.
8. Sprinkle with grated cheese, place dish in oven, cook for 15 minutes or until golden brown.

Notes: .....

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# Fish Cakes

How To Fish Serves 4

## Ingredients:

- 2 medium potatoes (diced)
- 1 large egg (whisked)
- 1 mug breadcrumbs (dried)
- 2 dessertspoons plain flour
- Approx 400g of tinned salmon or tuna
- 3 spring onions (finely chopped)
- 1 dessertspoon mild curry powder
- 1 dessertspoon dried mixed herbs
- 2 dessertspoons lemon juice
- black pepper to taste

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## How to...

1. Pre-heat oven to 180°C or gas mark 4.
2. Peel and dice the potatoes.
3. Place a large pot of water on a medium heat. Add diced potatoes, make sure they are covered and boil until soft. Drain, mash and transfer into a deep bowl.
4. Whilst potatoes are cooking - whisk egg in a small bowl and set aside.
5. Place breadcrumbs and flour onto separate flat plates and set aside.
6. Drain the tinned fish then flake into the mashed potato. Add spring onions, curry powder, herbs, lemon juice and black pepper to taste.
7. Gently mix everything together using a fork, divide mixture into 8 balls and flatten.
8. Coat each fish cake in flour, then egg and roll in breadcrumbs. Place onto a baking tray.
9. Place in oven and cook for 15 minutes or until golden brown.

Notes: .....  
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### Tip

You can use other tinned fish. Serve with salsa and salad.

# Mackerel Paté

How To Fish Serves 4

## Ingredients:

- 1 pack of cooked, smoked mackerel fillets (usually 2 or 3 per pack)
- 250g low fat soft cream cheese
- 2 teaspoons lemon juice
- black pepper to taste

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## How to...

1. Remove skin from the cooked, smoked mackerel fillets.
2. Place the fillets in a deep bowl.
3. Add low fat soft cream cheese, lemon juice and black pepper to taste.
4. Mash with a fork.
5. This can be served chunky or have it smooth using a hand blender.

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### Tip

Serve with fresh vegetables, bread sticks, rice cakes or oatcakes.