

The code is 1 - Salmon Fish Cakes, 2 - Cod in Tomato Sauce, 3 -
Smoked Haddock
Fish

1 can salmon or 1 cup fresh (1)
4 fillets cod or white fish (2)
4 fillets smoked haddock (3)

Vegetables

1 1/2 pounds old potatoes (1)
Broccoli (side dish) (1)
Spinach or kale (side dish) (1)
Carrots (side dish) (1,2)
1 onion (2)
1 bell pepper (2)
1 clove Garlic (2)
Green beans (side dish) (2)
2 pounds new potatoes (side dish) (2)
frozen peas (side dish - optional) (3)

Canned and dry goods

Chopped tomatoes - large (2)
Flour (1) - seasoned with salt and pepper

Herbs

2 teaspoons dried Dill or parsley (1)
Fresh parsley (garnish - optional) (2)
2 teaspoons Paprika (2)
Salt & Pepper

Oil

Frying (1)
2 Tablespoons olive (2)

Dairy and Chilled

2 eggs (1)
milk - small amount (1)
2 Cups (1 pint)(570 ml) milk (3)
4 ounces butter (1,3)

Salmon Fish Cakes

Mash the potatoes with butter and stir in eggs. Mix with the cooked salmon and dill/parsley. Divide into 8 and shape. Chill for at least 30 minutes. Dip in milk, then seasoned flour. Fry for around 10 minutes in hot oil, turning every 2 minutes - must be piping hot. Serve with broccoli, carrots and spinach. Make herb butter by mashing together parsley and butter or using crushed garlic or garlic powder.

Baked Cod Portuguese

Oven to 375F, 190C or Gas 5.

Fry onion, garlic and bell pepper in olive oil to soften. Add tomatoes and paprika. Simmer gently for 5 minutes. Taste and season with salt and pepper.

Put cod into oven proof dish in one layer. Pour sauce over and bake (with lid or covered with foil) for 20 minutes until cooked. The fish will be firm to the touch and ready to flake.

Serve with buttered new potatoes, green beans and carrots.

Smoked Haddock Meal

Get your bread and butter ready - this is super quick!

Put milk into a large pan, big enough to take the fish in one layer. Put the haddock in skin side up for two minutes. Turn skin side down and put a knob of butter on each fillet and a few twists of black pepper.

Simmer until the fish is cooked through and flakes easily - around five minutes total. Serve with bread and butter - frozen peas if you'd like some vegetables.

Link for the recipes <https://find-a-seafood-recipe.com/are-you-getting-enough-2.html>