

The code is 1 - Pilchard Pizza, 2 - Shrimp Curry, 3 - Baked White Fish

Fish

2 cans of pilchards in tomato sauce (1)

one pound shelled and cooked shrimp (2)

4 fillets white fish - basa/haddock/cod or similar (3)

Vegetables

2 pounds potatoes (3)

Broccoli (side dish optional) (3)

3 brown Onions (1, 2)

2 red onions (3)

3 bell pepper (1,2)

1 clove Garlic (2)

10 Tomatoes (1,2,3)

Cucumber (1,2)

1 Lemon (3, optional)

Salad leaves (1)

Canned and dry goods

2 packs Passata (1,2)

Pizza dough, mix or bases (1)

2 Cups - 14 ounces - 400g - long grain rice (2)

Poppadoms (2)

Mango Chutney (2)

Herbs

1 teaspoon dried oregano (1)

1 teaspoon dried basil (1)

2 teaspoons dried Dill (3)

Curry powder - one or two Tablespoons (2)

Oil

2 Tablespoons oil for frying (2)

2 Tablespoons olive (3)

Dairy and Chilled

1 Cup - 8 ounces - 225g grated mozzarella (1)

Large tub Coleslaw (1)

Pilchard Pizza

Oven to 400F, 200C or Gas Mark 6. Mix one tub of passata with the oregano and dill. Cover the pizza base. There will be some left over, which you can freeze for another time.

Slice thinly an onion and bell pepper, scatter a quarter to half over the pizza. Break up the pilchards and arrange. Scatter over the cheese. Into the oven for 25 to 30 minutes.

Slice up 4 tomatoes, half a cucumber, salad leaves, the onion and pepper leftover from the pizza topping for a side salad. Serve with some coleslaw.

Shrimp Curry

Fry chopped onion and bell pepper in oil to soften. Add 1 to 2 Tablespoons of curry powder to your taste. Fry it gently for a few seconds. Add the pack of passata. Allow the sauce to simmer for about 15 minutes.

Add the defrosted shrimp to the sauce and let it simmer for three minutes until the shrimp is cooked through.

Boil your rice in plenty of water for 15 minutes until cooked.

Serve with a diced salad using 2 tomatoes, quarter of a cucumber, half a diced bell pepper and the poppadoms and mango chutney.

Baked White Fish

Set your oven to 350F, 180C or Gas Mark 4.

Slice the potatoes and put them into the bottom of a large roasting tin. Cover them with olive oil and a teaspoon of dill. Bake in the oven for 25 minutes. Add 4 sliced tomatoes and 2 sliced red onions. Lay the four fish fillets on top. Sprinkle with some more oil and a scattering of dill. You can slice a lemon to go on top if you like. Cook for a further 15 minutes. Add a side of cooked broccoli.

Link for the recipes <https://find-a-seafood-recipe.com/are-you-getting-enough-3.html>