

The code is 1 - Salmon Couscous, 2 - Tuna Pasta Bake, 3 - Fish Stew

Fish

1 large can of salmon or 8 ounces fresh (1)

1 or 2 cans tuna (2)

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

Vegetables

2 brown Onions (1,2)

1 bell pepper (2)

1 leek (3)

Canned, Frozen and dry goods

Harissa paste - 1 to 2 Tablespoons (1, 3)

1 large can Chickpeas (1)

1 Cup/8 oz/225g Couscous (1)

Vegetable stock cube (1)

10 ounces (300g) pasta

1 can chopped tomatoes (2)

1 pint (450ml) Passata (3)

2 Cups (1 pound) frozen peas/mixed veg (3)

Herbs

Coriander (1)

1 teaspoon dried basil (2)

1 teaspoon mixed herbs (2)

Parsley and/or coriander (3)

Oil

3 Tablespoons oil for frying (1,2,3)

Dairy and Chilled

1 Cup - 8 ounces - 225g grated cheddar (2)

Bakery

Bread for Fish Stew OR potatoes and veggies

Salmon Couscous

Fry 1 chopped onion until soft. Add the flaked salmon and harissa paste. Add the chickpeas and couscous. Pour over the stock. Bring to the boil. Cover the pan with a lid and leave for 5 minutes. Throw in the coriander and serve.

Tuna Pasta Bake

Set oven to 350F, 180C or Gas Mark 5

Boil pasta. In an oven proof dish, fry onion and pepper add tomatoes and herbs. Drain pasta add to the rest of the ingredients. Top with grated cheese and bake in oven for 30 minutes or so until it's heated through.

Fish Stew

Fry the leek. Add the frozen veg, the tomato and harissa paste into a pan. Bring to the boil and simmer for around 5 minutes. Taste and adjust the seasoning.

Add the fish fillets and simmer for another 5 minutes until the fish is cooked through.

Serve with bread or mashed potatoes.

Link for the recipes <https://find-a-seafood-recipe.com/are-you-getting-enough-4.html>