

The code is 1 - Grilled Mackerel Salad, 2 - Cod in Foil, 3 - Seafood Alfredo

### Fish

4 mackerel fillets - smoked or fresh

4 cod or white fish fillets

8 scallops (or double up on shrimp) or mixed seafood cocktail

2/3 Cup (6 ounces, 150g) shrimp - cooked, frozen is alright

### Vegetables

1/4 Cucumber (1)

4 Tomatoes (1)

Lettuce leaves (1)

few sticks of celery (1)

Bell Pepper (1,2)

4 pounds (2 kg) new potatoes (1,2)

4 scallions (spring onions) or 1 red onion (2)

1 pound carrots (3)

### Canned, Frozen and dry goods

3 Tablespoons vinaigrette (1)

4 Tablespoons white wine or cider (2)

1 pound Peas frozen - (2)

1 pound fettuccine (3)

### Herbs

1 teaspoon dill (2)

2 garlic cloves (2,3)

### Oil and Dairy

1 Tablespoons oil for frying (2 )

5 ounces butter (2, 3)

1/2 Cup (1/4 pint, 150 ml) heavy (double) cream

3 ounces fresh parmesan cheese (3) plus extra to serve

### Bakery

Crusty bread (3)

## **Grilled Mackerel Salad**

If you have fresh mackerel, grill both sides for around three minutes. If you have smoked, then just open it. Boil your potatoes and chop your salad.

## **Baked Cod in Foil**

Heat your oven to gas mark 6, 400F or 200C.

Get four pieces of aluminium foil and oil them so the fish doesn't stick. Place a cod fillet in the middle. Divide the chopped onion and crushed garlic between them. Add a tablespoon of wine (you can use apple juice if you prefer), a pinch of dried dill, twist of black pepper and a knob of butter. Make into parcels.

Bake in the oven for 25 minutes until the fish is cooked.

Serve with buttered new potatoes, peas and carrots.

## **Seafood Alfredo**

Put the pasta on to boil. Melt half the butter add the garlic. Add the scallops and cook until firm. Add the shrimp and heat through. Keep warm.

Melt the rest of the butter, remove from the heat. Stir in the cream and parmesan. Reheat very gently until thickened DO NOT BOIL. Add the seafood back in. Combine with the pasta and serve with crusty bread and some extra parmesan if you like.

Link for the recipes <https://find-a-seafood-recipe.com/are-you-getting-enough-6.html>