

Method

- Heat Oven to 180°C/Fan 160°C/350°F/Gas mark 4
- In a pan heat olive oil over a low heat add garlic and onion and roughly 3/4 of the spinach and cook for 3 minutes.
- Lay out the sole fillets and divide the mixture between the two.
- Roll up fillets and place in baking tray seam down or use a skewer to secure.
- Brush with melted butter and bake in oven for 10 minutes or until fillets are cooked through.
- Serve with remaining fresh spinach and Garnish with lemon slices

Front of pack (food) for portion of 312g

| Energy | Fat | Saturates | Sugars | Salt |
|------------------|------|-----------|--------|------|
| 933kj 222kcal | 9.4g | 13.7g | 1.6g | 0.6g |
| 11% | 13% | 19% | 2% | 9% |

Egg Muffin, Homemade Chips and Mixed Vegetables (serves 2)

This is a light meal ideal if not as active. Eggs are a great source of protein. This meal is high in protein can help with making you feel fuller. In addition having a portion of vegetables with your meals will help you achieve your 5-a-day.

Ingredients

- | | |
|---|---|
| 4 eggs | 1 tsp vegetable oil |
| 50g leeks, finely chopped | Pinch paprika |
| 15g (half a matchbox) cheddar grated, if none available any hard cheese, recipe works well without cheese | Pinch salt |
| 4 medium white potatoes | Pinch pepper |
| | 190g frozen mixed vegetables or whatever is available |

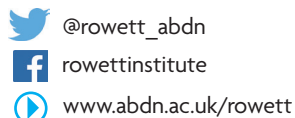
Method

- Pre-heat oven to 200°C/180°C/392°F/Gas mark 6
- Slice potatoes into chips, place in a container and mix in seasoning, paprika and oil.
- Place on a baking tray, ideally lined with greaseproof paper
- Cook in oven for 25-30 minutes, turning half way through cooking
- Whisk eggs and season, add leeks or any other vegetables needing used
- Pour into 6 silicone muffin moulds, if not available lightly grease another mould
- Bake egg muffins for 10 minutes
- Remove muffins from oven and sprinkle with cheese bake another 5-10 minutes
- Serve with your choice of vegetables

Front of pack (food) for portion of 365g

| Energy | Fat | Saturates | Sugars | Salt |
|-------------------|-------|-----------|--------|------|
| 1621kj 387kcal | 15.3g | 4.7g | 5.1g | 0.9g |
| 19% | 22% | 24% | 6% | 14% |

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Rowett Institute is a Scottish Government funded research institute



Grocery Box Recipes brought to you by the Rowett Institute of Nutrition & Health

We hope you will enjoy your delicious and nutritious grocery box produce. For inspiration and guidance on the use of your ingredients see below a selection of recipes developed by nutritionists based at the Rowett Institute. At this time of change and challenge the food we eat, and its nutritional quality is important to keep us well. The recipes provide cooking and nutritional information which can be changed and added to depending on what you have in your fridge, freezer or cupboards. Rather we hope that we can provide some inspiration and help you enjoy the food you eat in these unprecedented times.

Spicy Pan-fried Haddock (serves 2)

White fish including haddock is a great source of protein and naturally low in fat. Therefore, a good alternative to red and processed meats. White fish is also a rich source of iodine. Generally white fish contains more iodine than oily fish. Iodine helps to make thyroid hormones which are important for growth and metabolism. Carrots will go towards one of your '5-a-day'.

Ingredients

- | | |
|----------------------|--|
| 2 tbsp sunflower oil | 1 red chilli, chopped finely |
| 2 tbsp plain flour | 2 potatoes, peeled and chopped into chunks |
| 2 tbsp lemon juice | 1 large carrot, diced |
| 2 haddock fillets | |

Method

- Bring a large pan of water to boil, cook carrots and potatoes for about 15-20 minutes or until softened.
- Heat oil in frying pan, dust haddock with light coating of flour and fry for 2-3 mins on each side, until cooked through, remove from the pan once cooked.
- Add carrots and potatoes to the frying pan and fry for 2-3 minutes.
- Add lemon juice, and chilli and fry for 2 minutes, add salt and pepper to taste
- Add the fish back into the pan to warm though just before serving.

Front of pack (food) for portion of 326g

| Energy | Fat | Saturates | Sugars | Salt |
|-----------------|-------|-----------|--------|------|
| 260kj 61kcal | 18.6g | 2.6g | 5.9g | 0.3g |
| 20% | 27% | 13% | 7% | 4% |

Sutherland's of Portsoy - Producers of finest smoked fish and fresh fish delivered direct to your front door, see our facebook page (Sutherlands-of-Portsoy) for more info

Fish Pie (serves 2)

Salmon is a good source of long-chain omega-3 fatty acids. Omega 3 can help maintain a healthy heart and may reduce our risk of heart disease. Oily fish is also a source of Vitamin D in our diets. Vitamin D works with calcium and phosphorus to keep our bones, muscles and teeth healthy. We should aim to have at least 2 portions of fish a week, with at least one being oily. This recipe contains milk, which is a good source of protein and calcium. Calcium is important for building strong bones and teeth.

Ingredients

3 large potatoes, peeled and cut into chunks
20 ml single cream or milk
1 haddock fillet
1 salmon fillet
1 tsp lemon juice
160g frozen peas

Sauce

Bunch of parsley- finely chopped
20g plain flour
190g semi-skimmed milk

Method

- Pre heat oven to 200 °C/Fan 180 °C/392 °F/Gas mark 6
- Cook potatoes in boiling water until soft, drain well and mash.
- Add the cream or milk, then season with salt and pepper. Mix well until smooth
- For the sauce bring milk to the boil, stir in parsley and add flour, a little at a time, whisking after each addition until completely smooth.
- Bring sauce to boil then reduce the heat and simmer for 5-6 minutes.
- Cut haddock and salmon into chunks, lay in ovenproof dish and squeeze over some lemon juice
- Pour the parsley sauce over the top
- Cover with the mashed potatoes and bake for 35-40 minutes, until crisp and brown
- Serve with peas or available vegetables

Front of pack (food) for portion of 454g

| Energy | Fat | Saturates | Sugars | Salt |
|-------------------|-------|-----------|--------|------|
| 2020kj 481kcal | 14.5g | 4.5g | 11.4g | 0.3g |
| 24% | 21% | 23% | 13% | 5% |

Fish Cakes (serves 2)

This recipe uses oats as an alternative to breadcrumbs. Oats are a great source of Fibre. Fibre can help with digestion and make us feel fuller for longer. Increasing fibre in our diet can also help to reduce the risk of heart disease, diabetes and colorectal cancer. Potatoes are good sources of energy, fibre, B and C vitamins and potassium

Ingredients

4 potatoes, peeled, chopped into chunks
1 salmon/haddock fillet
2 spring onions, sliced

2 tbsp chopped parsley
1 medium egg, beaten
70g whole oats

Method

- Pre heat oven to 220 °C/Fan 180 °C/392 °F/Gas mark 6
- Boil potatoes for -15 mins until tender, drain, return to pan and mash and transfer potatoes to large bowl
- Put fish in microwave proof dish with 2 tbsp water, cover with cling film, pierce and cook for 2-3 mins.
- Break fish into large flakes, discarding skin and add to mash

- Add spring onions and parsley to mash and mix all together
- Shape mixture into 4 even sized cakes
- Dip fish cakes into eggs, then coat with oats
- Bake in oven for -20-25 mins until fish is cooked.
- Whilst waiting place broccoli in a pan of boiling water and boil for 2-3 minutes. Drain water once cooked.

Front of pack (food) for portion of 327g

| Energy | Fat | Saturates | Sugars | Salt |
|-------------------|-------|-----------|--------|------|
| 2204kj 523kcal | 17.7g | 3.6g | 2.6g | 0.2g |
| 26% | 25% | 18% | 3% | 4% |

Baked Fish (serves 2)

Tomatoes are high in Vitamin C. Vitamin C helps protect our cells and maintain healthy skin, bones and blood vessels. Broccoli as well as other green vegetables is a good source of fibre, and contains iron, calcium, vitamins A, C, K and B vitamins including folate. Folate helps to form healthy blood cells. This is one portion of your five a day.

Ingredients

70g oats
40g leeks sliced
2 fish fillets (haddock or salmon)
Sauce
160g broccoli
1/2 tbsp olive oil

1 garlic clove, crushed
1 onion, chopped
2 tsp tomato puree
1 400g tin chopped tomatoes
1 tsp dried oregano
Pinch of salt and pepper

Method

- Preheat oven to 200 °C/Fan 180 °C/392 °F/Gas mark 6
- Place sliced leeks in a pan of boiling water and leave to boil for 2-3mins. Once cooked drain water
- For the sauce: Heat olive oil in pan. Add onions and cook on low heat. Once onions are soft, add crushed garlic and tomato puree. Heat for 2-3 mins
- Add chopped tomatoes and oregano and pinch of salt and pepper. Leave to simmer on low heat for 10 mins.
- Place fish fillets at bottom of a small oven proof dish. Top with leeks and tomato sauce.
- Cover with oats.
- Bake in oven for -20-25 mins until fish is cooked through.
- Whilst waiting place broccoli in a pan of boiling water and boil for 2-3 minutes. Drain water once cooked.

Front of pack (food) for portion of 494g

| Energy | Fat | Saturates | Sugars | Salt |
|-------------------|-------|-----------|--------|------|
| 1991kj 474kcal | 11.4g | 1.5g | 24.7g | 0.3g |
| 24% | 16% | 7% | 27% | 5% |

Spinach Stuffed Sole (serves 2)

Spinach and other green vegetables are rich in Iron, vitamin A, Vitamin C, folate and Vitamin K. Whilst spinach is particularly high in iron and other vitamins. Vitamin K is needed for blood clotting which helps wounds to heal. Vitamin K can also help to keep our bones healthy. This will count towards your '5-a-day'

Ingredients

2 sole fillets
1 tsp of olive oil
250g spinach
1/4 onion finely chopped

1 garlic clove crushed
2 teaspoons butter(melted)
2 lemon slices for garnish