Method

1. Heat Oven to 180°C/Fan 160°C/350°F/Gas mark 4
2. 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.
3. Lay out the sole fillets and divide the mixture between the two.
4. Roll up fillets and place in baking tray seam down or use a skewer to secure.
5. Brush with melted butter and bake in oven for 10 minutes or until fillets are cooked through.
6. Serve with remaining fresh spinach and garnish with lemon slices.

Spicy Pan-fried Haddock (serves 2)

Energy
Fat Saturates Sugars Salt
933kJ 222kcal
9.4g 13.7g 1.6g 0.6g
22% 19% 6% 9%

Front of pack (food) for portion of 312g

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

Method

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

Energy
Fat Saturates Sugars Salt
162kJ 387kcal
15.3g 4.7g 5.1g 0.9g
19% 24% 6% 14%

Front of pack (food) for portion of 365g

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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

Method
1. Pre heat oven to 200°C/Fan 180°C/392°F/Gas mark 6
2. Cook potatoes in boiling water until soft, drain well and mash.
3. Add the cream or milk, then season with salt and pepper. Mix well until smooth.
4. 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.
5. Bring sauce to boil then reduce the heat and simmer for 5-6 minutes.
6. Cut haddock and salmon into chunks, lay in an ovenproof dish and squeeze over some lemon juice
7. Pour the parsley sauce over the top
8. Cover with the mashed potatoes and bake for 35-40 minutes, until crisp and brown
9. Serve with peas or available vegetables

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

Method
1. Preheat oven to 200°C/Fan 180°C/392°F/Gas mark 6
2. Place sliced leeks in a pan of boiling water and leave to boil for 2-3mins. Once cooked drain water
3. 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
4. Add chopped tomatoes and oregano and pinch of salt and pepper. Leave to simmer on low heat for 10 mins.
5. Place fish fillets at bottom of a small oven proof dish. Top with leeks and tomato sauce.

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
- 2 tbsp chopped parsley
- 1 salmon/haddock fillet
- 1 medium egg, beaten
- 2 spring onions, sliced

Method
1. Pre heat oven to 220°C/Fan 180°C/392°F/Gas mark 6
2. Boil potatoes for ~15 mins until tender, drain, return to pan and mash and transfer potatoes to large bowl
3. Put fish in microwave proof dish with 2 tbsp water, cover with cling film, pierce and cook for 2-3 mins.
4. Break fish into large flakes, discarding skin and add to mash
5. Add spring onions and parsley to mash and mix all together
6. Shape mixture into 4 even sized cakes
7. Dip fish cakes into eggs, then coat with oats
8. Bake in oven for ~20-25 mins until fish is cooked.
9. 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 454g

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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
- ⅛ onion finely chopped
- 1 garlic clove crushed
- 2 teaspoons butter(melted)
- 2 lemon slices for garnish

Method
1. Pre heat oven to 220°C/Fan 180°C/392°F/Gas mark 6
2. Boil potatoes for ~15 mins until tender, drain, return to pan and mash and transfer potatoes to large bowl
3. Put fish in microwave proof dish with 2 tbsp water, cover with cling film, pierce and cook for 2-3 mins.
4. Break fish into large flakes, discarding skin and add to mash
5. Add spring onions and parsley to mash and mix all together
6. Shape mixture into 4 even sized cakes
7. Dip fish cakes into eggs, then coat with oats
8. Bake in oven for ~20-25 mins until fish is cooked.
9. 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

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Front of pack (food) for portion of 494g

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