

White fish

Hoki, Red Cod, Moki,
Lemonfish, Mullet, Gurnard

Available

All year round.

Buy

Fillets that are semi-transparent and glossy.

Store

Best cooked on the day of purchase.
In the fridge, covered, for several days.



Prepare



Whole fillet.



Slice into small pieces.



Slice into bite size pieces.

Cook

Can be:



Pan-fried



Fish cakes



Pie



Marinated



Vegetable pasta salad with fish

(serves 4)

Ingredients

¼ packet pasta shapes
2 carrots, grated
2 courgettes, grated
2 tomatoes, diced
1 avocado, diced (optional)
3 tablespoons vinegar
4 tablespoons oil
600 grams fish fillets
⅓ cup flour

Method



1 Boil pasta for ten minutes and then drain and set aside.



2 Mix drained pasta with carrot, courgette, tomato, avocado, vinegar and half of the oil. Refrigerate until ready to serve.



3 Lightly coat fish fillets in flour. Heat remaining oil in a large pan.



4 So the pan is not crowded, fry in batches until golden brown. Serve with pasta salad.

For more easy, fast and affordable food ideas visit healthykids.org.nz/eat/recipes, vegetables.co.nz or heartfoundation.org.nz/recipes