

FISH


Prep for baked salmon, on a bed of cauliflower, mushrooms and courgettes with vine tomatoes and coriander.



First lightly coat the vegetables with olive oil, then roast the vegetables in the pan for 20 minutes at 190°C, then add the salmon steaks and tomatoes and bake for the time suggested on the salmon packaging.



Or try these combinations, following the guidelines above.

Roasted salmon on roasted cauliflower, courgette, aubergine, mushrooms, and tomatoes. Add fresh coriander to finish.



Pre-oven prep for salmon on a bed of cauliflower, peppers, fennel and courgettes.

Here are some other options:

[bbcgoodfood.com/salmon-pesto-traybake](https://www.bbcgoodfood.com/salmon-pesto-traybake)

www.jamieoliver.com/roasted-salmon-veg-traybake

FISH


Roast salmon with boiled new potatoes (boil for 10-15 minutes depending on size - prod with a fork to check when ready).

www.bbcgoodfood.com/baked-salmon



Roast salmon on vegetable stir fry (from Vegetarian section in the Library, or here - bbc.co.uk/stir-fry) with new potatoes.



Roasted salmon with roast new potatoes and salad of coriander, avocado, red onion and edamame beans.



Roasted salmon with roast cauliflower, butter beans and vine tomatoes.

FISH

Baked cod and hake on a bed of Mediterranean vegetables (Olives, tomatoes and mushrooms).



Roasted cod with roast vegetables and new potatoes.

[www.greatbritishchefs.com/
how-to-roast-cod](http://www.greatbritishchefs.com/how-to-roast-cod)



Baked cod with asparagus, boiled new potatoes and mustard sauce.



Sea bass with pearl barley risotto (from the Risotto section of the Library) and roasted vine tomatoes.

[www.bbcgoodfood.co
m/baked-sea-bass-
lemon-caper-dressing](http://www.bbcgoodfood.com/baked-sea-bass-lemon-caper-dressing)

FISH

Poached haddock with rocket and tomato. Instructions for poached haddock here- bbcgoodfood.com/poached-haddock



Baked salmon on a stir fry bed of rice, peppers courgettes and onions.



Salmon stir fry with tomatoes and cucumber. www.bbc.co.uk/salmon_stir-fry



Roast cod with stir fry of vegetables. www.waitrose.com/cod_with_stir_fry_vegetables

FISH



Crustaceans can be good nutrition with plenty of protein, but can also contain mercury, so buy high quality and consume in moderation.



Langoustine with new potatoes and a tartare sauce.



'Sushi' has become the colloquial word for raw fish and rice bites, but 'sashimi' is the technically correct word for the raw fish. This can also be rich in Omega3 oils, but again be aware of mercury in tuna.

'Sushi' and 'sashimi' of salmon and tuna.



Prawns on spinach salad with tomatoes and toasted sourdough.

FISH


Mackerel with green bean, lettuce and avocado salad, new potatoes and boiled egg.



'Teriyaki' salmon with spinach, asparagus and tomatoes.

Teriyaki is a Japanese cooking technique in which foods are broiled or grilled with a glaze of soy sauce, mirin, and sugar.

bbcgoodfood.com/teriyaki-salmon-sesame-pak-choi



Roast cod with mixed Mediterranean vegetables.

www.bbc.co.uk/roasted_tomato_cod



Gravadlax, as an alternative to traditional smoked salmon, is a Nordic dish based on salmon that is cured using salt, pepper and dill.

Gravadlax with baked potato, baked beans and salad.