

# Fish recipes

## Pasta with tuna and beans

Add some fibre to your diet with this tasty dish, packed with pasta, tuna and beans.



Serves: 4

Time: 25 minutes

### Ingredients

- 1 tin chopped tomatoes
- 1 small onion, finely chopped
- 1 clove garlic, crushed
- 360 grams dried pasta shapes
- 1/2 teaspoon paprika (optional)
- 1/2 tin beans, such as kidney beans or chickpeas, drained and rinsed
- Small tin of tuna in water, drained

### Method

1. Cook the tomatoes, onion and garlic in a saucepan for 10 minutes, stirring occasionally until the onion is soft.

2. While the vegetables are cooking, boil the pasta for about 10 minutes, following the instructions on the packet (don't add any salt).
3. Season the tomatoes with paprika, stir in the drained beans and cook for another 5 minutes.
4. Add the tuna and stir gently to heat through for a few minutes.
5. Then, pour the tuna sauce over the pasta and serve with salad.

**Handy tip:** Alternative recipe: Leave the beans out. Add chopped courgette, mushrooms or carrots. Use fresh or dried herbs such as basil or oregano. Add chopped sun-dried tomatoes or olives (but note both will add salt to the recipe).

## Nutritional Information

Each serving provides	Amount in grams
Energy	1682 kilojoules/397 kilocalories
Fat	2.2
Saturates	0.32
Sugar	7.8
Salt	0.06

Typical values per 100g: Energy 662kJ/156 kilocalories

The nutritional information stated above is based on each serving of Pasta with Tuna and Beans and excludes suggested accompaniments.

Read more on our [Healthy recipes page](#).

## Fish pie

A filling and comforting meal, add some colour by mixing in a selection of fresh vegetables.



Serves: 4

Time: 1 hour

## Ingredients

- 700 grams potatoes, peeled and diced
- 425ml semi-skimmed milk, plus a splash extra for the mash
- 25 grams margarine
- 25 grams flour
- 4 fillets of haddock or salmon
- 25 grams half-fat strong cheddar cheese
- vegetables, such as peas, broccoli or green beans, for serving

## Method

1. Preheat the oven to 200°C/180°C fan/gas mark 6.
2. Boil the potatoes for about 10-15 minutes until soft, then drain them and mash with a little semi-skimmed milk.
3. To make the sauce, mix the milk, margarine and flour in a small pan and warm over a medium heat. Stir continuously with a whisk until the sauce starts to bubble and thicken.
4. Pour the sauce over chunks of fish in an ovenproof dish, then top with mashed potato and sprinkle the cheese over the top.
5. Bake in the centre of the oven for 30 minutes, until the top is golden brown.
6. Serve with peas, broccoli or green beans.

**Handy tip:** You can use any kind of white fish or salmon

## Nutritional Information

Each serving provides	Amount in grams
Energy	1655 kilojoules/392 kilocalories
Fat	8.2
Saturates	3.5
Sugar	6.4
Salt	0.6

Typical values per 100g: Energy 394kJ/93kilocalories

The nutritional information stated above is based on each serving of Fish Pie and excludes suggested accompaniments.

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