

Easy Fish Recipes for 2 (with Frozen Fish Fillets)

Fish Pie

4 small frozen dory fillets of fish
3 hardboiled eggs, sliced
1 leek, sliced thinly
½ packet commercial sauce mix (fish pie sauce, white sauce, parsley sauce)
Milk to mix (according to instructions on packet)
Left over mashed potato
Grated edam cheese

Place fish fillets in small ovenproof dish, top with egg slices and leek. Make up sauce according to instructions (using half the packet) and pour over. Top with mashed potato and grated cheese. Cook at 180C for around 20 minutes. Serve with steamed vegetables or salad

Thai Fish

4 small frozen dory fillets
1 – 2 cups frozen stir fried vegetables
½ cup light coconut cream
Thai green curry paste to taste (read directions on pack)

Place fish fillets in small ovenproof dish. Top with frozen vegetables. Mix coconut cream and green curry paste together and pour over. Bake at 180 C for around 15 – 20 minutes until fish is cooked through and sauce is bubbling. Serve with rice.

Baked Fish with Lemon and Dill

4 small frozen dory fillets
1 lemon, thinly sliced
lemon pepper
Fresh dill
Tear off 2 pieces of foil. In each piece place 2 dory fillets, lemon slices, lemon pepper and fresh dill. Wrap up to make parcels, bake in oven at 180C for 10 – 12 minutes. Unwrap and serve with rice / potatoes and vegetables.

Health Habits:

- Basing meals around fish - an excellent source of low fat protein and omega 3 fatty acids
- Using light coconut cream instead of full fat