

Fantastic Fish

Heart Health Awareness Month

Kia ora koutou,

Fish is a great alternative to meat, and oily fish has the benefit of providing more heart-healthy Omega-3 fats. Omega-3 fats are essential fatty acids that our bodies are unable to make for themselves, so we need to make sure we are consuming foods rich in omega-3s. These fatty acids are known to have a role in the prevention of heart disease, helping to lower blood pressure, and cholesterol. Omega-3s are also well-known for their positive effects on and inflammation, cognitive function, brain development, and mental health symptoms.

Omega-3s can be obtained from oily fish, such as mackerel, sardines, salmon, kahawai, warehou, pilchards, and herring. Canned fish is a good source of omega-3 too (choose fish canned in spring water rather than brine for lower salt content). To take care of your heart, the Heart Foundation recommends you eat fish twice a week, preferably oily fish.

On the West Coast, you can buy fresh fish from local supermarkets, fisheries, and wharfs. At this Heart Health Awareness Month, how about giving these recipes a try and incorporate fish in your meals?



Community and Public Health

Salmon and Corn Wraps

- 6 wholemeal wraps
- Large can of salmon (drained)
- 1 can corn kernels, drained
- Lite mayonnaise
- 1 carrot, grated
- Baby spinach or lettuce
- Optional: tomato, capsicum, gherkin

Mix together the salmon, mayonnaise, and corn. Place vegetables and salmon mix across the middle of the wraps and roll up. Refrigerate until ready to serve.

Easy fish 'n' vege pie

- 1 small onion, finely chopped
- 2 teaspoons oil
- 1 teaspoon dried basil
- 800g mashed potato
- 180g can tuna in spring water, drained
- 1 cup corn kernels or peas
- 1 cup leftover vegetables
- 2x 400g cans tomatoes
- 1/2 cup Edam cheese, grated
- Optional: 1 tablespoon sundried tomato pesto

Preheat oven to 180°C. Soften onion in oil in a non-stick pan with basil. Add to mashed potato. Place tuna in an ovenproof dish with corn, vegetables, tomatoes, and pesto. Cover with potato and sprinkle with cheese. Bake for 25 minutes.

Ngā mihi nui,
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