

Linguine with seafood sauce
(reproduced with permission from www.asda.co.uk)

The seafood and herbs give this vegetarian dish a wonderful Mediterranean flavour

Serves 4
Ready in 30 minutes

Nutrition information per serving:

Energy	510kcal
Carbohydrate	76g
Fat	10g

Ingredients

- 2tbsp olive oil
- 3 shallots, chopped
- 1-2 cloves garlic, finely chopped
- 2 x 400g can Asda Chopped Tomatoes in Juice
- 1tbsp chopped fresh oregano, plus extra sprigs for garnish
- 350g linguine
- 8 black olives, drained and sliced
- 1tbsp capers in salt, rinsed and roughly chopped
- 2 packs seafood selection (mussels, squid, prawns)

Instructions

1. Heat the olive oil in a pan, add the shallots and cook until soft but not coloured. Add the garlic and cook for 1 minute. Add the chopped tomatoes and oregano to the pan and simmer gently, uncovered, for 15 minutes or until most of the liquid has evaporated.
2. Meanwhile, heat a large pan of water until boiling and add the linguine. Simmer for about 10 minutes or until the pasta is just tender.
3. Add the olives, capers and seafood selection to the tomato sauce and season to taste. Heat through. Drain the pasta and mix with the sauce. Garnish with a few of the reserved oregano sprigs.



Moroccan style haddock

(reproduced with permission from www.asda.co.uk)

This subtly spiced dish, with tastes from the North African coast, is a great winter warmer - fish with a tasty twist!

Serves 2

Ready in 25 minutes

Nutrition information per serving:

Energy	340kcal
Carbohydrate	25g
Fat	9g

Ingredients

- 1tbsp olive oil
- 1 small onion, sliced
- 1tsp Asda ground cumin
- ½tsp Asda ground cinnamon
- 400g chopped tomatoes
- 100g dried apricots
- 1tbsp honey
- Zest and juice of half a lemon
- 2 x 175g Asda fresh haddock fillets
- 2tbsp fresh coriander leaves

Instructions

1. Heat the olive oil in a wide shallow pan, add the onions and soften for 5 minutes. Add the spices, tomatoes, apricots, honey, lemon zest and juice. Season then simmer, uncovered for 10 minutes.
2. Take the two haddock fillets and nestle them in the sauce. Cover the shallow pan and cook gently for 6 to 7 minutes until the fish flakes easily. Scatter with the coriander leaves and serve with a generous helping of couscous.



Fish pie

(reproduced with permission from www.asda.co.uk)

White fish and prawns are low in fat and high in protein. We've used skimmed milk, olive oil spread and reduced fat Cheddar to lower the fat content by 10g per serving.

Serves 4

Preparation time 30 minutes

Cooking time 30 minutes

Nutrition information per serving:

Energy	400kcal
Carbohydrate	40g
Fat	7g

Ingredients

- 300g fresh haddock fillet
- 300g smoked haddock fillet
- 500ml skimmed milk
- 1 bay leaf
- 675g potatoes, peeled
- 105g pack peeled cooked prawns
- 25g olive oil based spread
- 25g plain flour
- 1tbsp chopped fresh parsley
- 25g reduced-fat mature Cheddar, grated

Instructions

1. Put both types of haddock in a large pan with 425ml milk and bay leaf. Heat slowly until simmering, partly cover and simmer for 5 minutes. Turn off the heat and stand for 15 minutes. Meanwhile, boil potatoes until tender then drain. Mash with remaining milk.
2. Preheat oven to 190C/Gas 5. Remove the fish from the milk and break into flakes, discarding any skin and bones. Put in an ovenproof dish with the prawns.
3. Melt the spread in a pan and stir in the flour. Cook over a low heat for a minute, stirring. Remove from heat, strain milk and whisk in. Heat until boiling, whisking, then add parsley, season with black pepper and pour over fish. Spread mash over; sprinkle with cheese. Put dish on a baking tray; bake for 30 minutes.



Speedy salmon pasta

(reproduced with permission from www.diabetes.org.uk)

A great dish for entertaining which is also delicious served cold.

Serves 2
Ready in approx. 25 minutes

Nutrition information per serving:

Energy	490kcal
Carbohydrate	70g
Fat	10g

Ingredients

- 2 tablespoons mixed fresh herbs, chopped eg. Parsley, coriander
- grated rind and juice 1 lime
- 2 pieces skinless, salmon fillet, each weighing approx 100g/3½oz
- 175g/6oz pasta shapes
- 100g/3½oz sugar snap peas
- 2 tomatoes, chopped

Instructions

1. Mix together the herbs and lime rind and juice in a non-metallic bowl, add the salmon and set aside and marinate for at least 10 minutes.
2. Meanwhile, cook the pasta according to the pack instructions adding the sugar snap peas 3 minutes before the end of cooking. Drain.
3. Heat a heavy pan or griddle until hot. Add the salmon and cook for 3 minutes on each side until just cooked
4. Toss together the pasta, sugarsnaps, tomatoes and any remaining marinate.
5. Divide between 2 serving plates and lay over the pasta. Serve with plenty of salad or vegetables.



Thai salmon fishcakes with potato wedges and low-fat tartar sauce

(reproduced with permission from www.diabetes.org.uk)

These chilli fishcakes are a great way of using up leftover mashed potato.

Serves 3
Ready in approx. 25 minutes

Nutrition information per serving:

Energy	393kcal
Carbohydrate	63g
Fat	9g

Ingredients

For the fishcakes:

- 350/12oz prepared mashed potato
- 150g/5½oz salmon, poached
- 50g/1¾oz sweetcorn, defrosted if frozen
- 1 red chilli, deseeded and chopped
- 2 tablespoons fresh coriander, chopped
- 1 teaspoon oil
- salt and freshly ground black pepper

For the potato wedges:

- 2 medium baking potatoes, cut into wedges
- 1 teaspoon oil for brushing

For the tartar sauce:

- 2 tablespoons virtually fat free mayonnaise
- 1 tablespoon light crème fraîche
- 2 tablespoons capers, drained and roughly chopped
- 2 tablespoons fresh parsley, chopped
- 1 teaspoon horseradish sauce

Instructions

1. To make the fish cakes simply combine all the ingredients in a large bowl and season well. Form into 6 patties using floured hands, then chill for at least 15 minutes.
2. Meanwhile, make the potato wedges. Place the potatoes in a pan of boiling water and boil for 5 minutes, then drain. Place the wedges onto a baking sheet then brush with the oil. Place under a preheated grill for 5-6 minutes until tender and golden brown.
3. Brush the fish cakes with a little oil and grill for 3-4 minutes on each side, until golden
4. Make the tartar sauce by combining all the ingredients then serve with the fishcakes, potato wedges and salad or steamed vegetables such as peppers, mangetout and beansprouts.



Smoked haddock with potatoes

(reproduced with permission from www.diabetes.org.uk)

This is so simple but delicious, a really comforting dish.

Serves 2

Ready in approx. 35 minutes

Nutrition information per serving:

Energy	339kcal
Carbohydrate	46g
Fat	4g

Ingredients

- 450g/1lb potatoes, cooked until just tender then sliced
- ½ onion, sliced
- 75g/2¾oz frozen peas
- 2 tablespoons light crème fraîche
- 150ml/¼ pint vegetable stock
- grated rind and juice half a lemon
- 2 pieces smoked haddock fillet, approx 125g/4½oz each, skinned
- 2 tablespoons fresh parsley, chopped
- salt and freshly ground black pepper

Instructions

1. Preheat the oven 180C/350F/gas mark 4.
2. Layer the potatoes, onion and peas in a medium ovenproof dish.
3. Mix together the crème fraîche, stock and lemon, season well.
4. Place the fish ontop of the potato then pour over the stock mixture.
5. Cover with foil and cook for 20-25 minutes, until the fish is cooked through
6. Serve with extra vegetables or salad for a complete meal.



Tomato and tuna pasta

(reproduced with permission from www.diabetes.org.uk)

This simple pasta dish is filling and tasty.
Great served with salad.

Nutrition information per serving:

Energy	418kcal
Carbohydrate	70g
Fat	4g

Serves 2

Ready in approx. 15 minutes

Ingredients

- 1 teaspoon oil
- 1 small onion, thinly sliced
- 1 clove garlic, finely chopped
- 1 teaspoon chilli flakes (optional)
- 400g can plum tomatoes
- 175g (6oz) dried spaghetti or pasta shapes
- 185g tin tuna in water, drained and flaked
- grated Parmesan and basil to serve (optional)

Instructions

1. Heat the oil in a medium frying pan, add the onion and garlic and fry for 2–3 minutes until the onion begins to soften.
2. Add the chilli flakes (if using) and the tomatoes and gently squash with a wooden spoon. Bring to the boil, then simmer over a low heat for about 10 minutes.
3. Meanwhile, cook the pasta according to the pack's instructions and drain.
4. Stir the pasta through the sauce with the flaked tuna and serve topped with Parmesan and basil (if using). This is great served with salad if you have any. If not, add 1 cup of peas to the pasta 2 minutes before the end of cooking time to add colour and extra goodness – remember, this will increase your vegetable portion intake.