

# Three ways with fish from the pantry

The Heart Foundation recommends we eat fish twice a week, but this isn't always easy to do. Fresh fish is often expensive and we can't always manage that trip to the shop. This is where the convenience of cooking from the pantry can be a big help in putting two fish meals a week on the table. So this month we provide three ways with tinned fish your family will love.



#### TIP

Fish is one of the best sources of omega 3s but canned fish that is 97% fat free has most of its healthy oil removed, so look for those with the Tick - they still have the healthier oils and they keep the lid on salt too.

## Salmon, Corn and Dill Quiche

You've got to love the versatility and simplicity of quiche - it's fabulous served hot straight from the oven with a mixed salad or even better cold on a picnic or for lunch.

Serves 6

### Ingredients

- 75g *Meadow Lea salt reduced spread*, melted
- ½ cup *Farmers Best milk*
- 1 cup wholemeal plain flour
- 1/3 cup fresh dill, chopped
- 415g can *John West red salmon*, drained, bones and skin removed
- 3 eggs, lightly beaten
- ½ cup *Perfect Italiano light smooth ricotta cheese*
- ½ cup corn kernels
- mixed salad leaves, to serve

### Method

1. Preheat oven to 200°C. Grease a 3cm-deep, 23cm (base) loose-based flan pan. Combine spread, ¼ cup milk, flour and 1 tablespoon of dill in a bowl. Mix with a wooden spoon to form a ball. Using fingers, press 1 tablespoon of pastry at a time over base and sides of pan to line. Refrigerate for 10 minutes.
2. Place pan on a flat baking tray. Break salmon into large chunks and arrange over pastry. Whisk together eggs, ricotta, corn, remaining dill and remaining milk in a bowl. Pour over salmon. Bake for 15 minutes. Reduce oven to 180°C. Bake for a further 20 to 25 minutes or until pastry is golden and filling set.
3. Cut quiche into wedges.

Serve with salad.



## Salmon Mornay

Everyone's favourite comfort food – perfect for a summer lunch or dinner served with a crisp green salad.

Serves 4

### Ingredients

(Tick ingredients in italics)

- 2 tablespoons plain flour
- 30g *Olive Grove classic spread*
- ½ cup *Mainland light grated cheddar cheese*
- 1 cup *Farmers Best milk*
- 2 celery stalks, chopped
- 1 cup *Birds Eye Country Harvest frozen mixed vegetables*
- 415g can *John West pink salmon*
- 1 cup fresh breadcrumbs, coarsely chopped
- 1/3 cup grated *Mainland light grated cheddar cheese* extra
- 2 tablespoons fresh parsley, chopped

### Method

1. Melt margarine in a small saucepan. Stir in plain flour and cook for 1 minute.
2. Add milk in gradually, stirring until smooth. Continue to stir and cook until the sauce boils and thickens.
3. Add tasty cheese and stir until melted.
4. Add frozen vegies and stir constantly until boiling.
5. Fold in pink salmon.
6. Spoon mixture into a 1 litre ovenproof dish or 4 x 1 cup sized individual dishes.
7. Evenly sprinkle with extra tasty Tick approved cheese.
8. Bake in preheated 180°C oven for 15-20 minutes, or until golden brown.

## Parmesan, Tuna, Tomato & Herb Penne

Pasta seems to be everyone's favourite - it's quick, easy and delicious. This nutritious supper will take no time at all.

### Ingredients

- *John West light tuna in spring water*
- *Sugo Di Pomodoro classic tomato pasta sauce*
- Penne pasta
- Fresh breadcrumbs
- Fresh herbs (eg thyme)
- Grated parmesan
- *Gold 'N Canola spread*

### Method

1. Preheat oven to 200°C.
2. Combine flaked canned tuna, tomato pasta sauce and cooked penne pasta in an ovenproof dish.
3. Sprinkle with fresh breadcrumbs, fresh thyme leaves and grated parmesan.
4. Top with a little margarine and bake in oven until golden.