



FITFISH FOR A FIVER

JAN RECIPE PACK 2025



Vegetable Fritters



Full of vegetables and infused with herbs and a hint of chilli, these fritters make a fantastic appetiser or a light meal. Goes well paired with creamy hummus or yogurt.



Prep: 20 min

Cook: 15 min

Fresh: 2 days



Beginner



Makes 10 Fritters

Asparagus 5 spears

Carrot 2, medium

Potato 3, ~600g or 21 oz

Red Onion 1 small

Red Chilli 1

Fresh Dill 3 tbsp chopped

Fresh Parsley 3 tbsp, chopped

Wholemeal Flour 60g or 2 oz

Water 100ml or 3.4 fl oz

Olive Oil 1 tbsp

Vegetable Fritters



Method

Preheat your oven to 200°C (400°F).

Begin by grating the asparagus, carrots, and potatoes. Once grated, transfer them to a clean kitchen towel.

Gather the edges of the towel to form a pouch and squeeze out as much liquid as you can from the grated vegetables. This step is crucial as it ensures your fritters won't be soggy.

Transfer the squeezed vegetables to a large mixing bowl. Add in the diced onion, chopped chilli, dill, parsley and flour. Mix well. Gradually add water, stirring continuously to form a thick but moist batter.

In a frying pan, heat olive oil over a medium heat. Once hot, scoop spoonfuls of the batter into the pan, flattening them into disc shapes. Fry each fritter for about 3 to 5 minutes on each side or until they are golden brown.

Transfer the fritters to a baking sheet lined with parchment paper or a lightly greased baking tray. Bake the fritters for 7-10 minutes, flipping halfway through to ensure even crisping on both sides.

Once done, place the fritters on a serving plate. Serve each fritter with a teaspoon of hummus and a dollop of yogurt on the side. Garnish with a sprinkle of dill or parsley if desired.

Allergen Information

Contains gluten
sesame and dairy in dips



Sweet Potato & Mixed Bean Chilli



This hearty and aromatic sweet potato and mixed bean stew is a delightful concoction of spices, vegetables, and legumes. With the sweetness of the roasted sweet potatoes balancing the tang of tomatoes and the spicy kick from the chilli, it's a crowd-pleaser that promises both warmth and nutrition.



Prep: 15 min

Cook: 40 min

Fresh: 3 days



Beginner



Makes 4

Chopped Tomatoes 1 tin

Mixed Beans 1 tin

Sweet Potato 2, large

Red Pepper 2, medium

Yellow Pepper 1, medium

Brown Onion 1 medium

Olive Oil 2 tbsp

Cinnamon 2 tsp

Cumin 1 tsp

Red Chilli 1

Paprika 1 tsp

Coriander Leaves 1 bunch

Wholegrain Rice 200g, uncooked

Sweet Potato & Mixed Bean Chilli



Method

Preheat the oven to 180°C/350°F/gas 4. Peel and chop the sweet potatoes. In a roasting tray, toss them with 1 tablespoon of olive oil and a pinch each of cinnamon, cumin, and paprika. Spread out evenly and roast for 35 to 40 minutes until they're tender and slightly caramelized.

Meanwhile, peel and roughly chop the onion. Pick the leaves from the coriander and finely chop them. Roughly chop the chilli. Deseed the red and yellow peppers and chop them into chunks.

Heat 1 tablespoon of olive oil in a large pan. Add the onion, coriander, chilli, and peppers. Sprinkle in the remaining spices and cook over a low heat for about 10 minutes, stirring occasionally.

Add the mixed beans (with their liquid) and the tinned tomatoes to the pan. Mix well, adding a bit of water if it's too thick. Let the mixture simmer gently for about 30 minutes. Stir occasionally.

Stir in the roasted sweet potatoes. Taste and adjust the seasoning as necessary.

Pour the stew over cooked rice. Garnish with some fresh coriander leaves.

Allergen Information

None



Teriyaki Salmon Bowl



Salmon is a fatty fish packed with essential omega-3 fatty acids that help with brain function, and heart health and support joint health. Additionally, salmon is an excellent source of protein. The composition of this meal makes it the perfect "mixed meal" of protein, fat, and carbohydrate.



Prep: 5 min

Cook: 15 min

Fresh: 2-3 days



Beginner



Makes 2 portions

Salmon 2 fillets

Wholegrain Rice Microwave pack

Spring Onion 1

Edamame 3.5oz or 100g, shelled

Sesame Seeds 1 pinch

Teriyaki Glaze 1 tsp

Coriander fresh, sprig

Broccoli 2.5 oz or 70g (4 small spears)

Carrot 1/2 a carrot, grated

Cucumber 1 thumb length piece, sliced

Teriyaki Salmon Bowl



Method

Preheat the oven to 180 degrees. Dab the salmon fillets dry using a paper towel before adding the teriyaki glaze to the salmon.

Add the salmon to the oven for 13 minutes.

As the salmon cooks, peel and grate the carrot and leave it to the side. Slice the cucumber and leave to the side and clean and chop the spring onion and leave to the side.

When the salmon has 5 minutes to go, add the shelled edamame and broccoli to a pan of boiling water. Cook for 5 minutes.

Heat the rice in the microwave according to the packet instructions.

Once cooked, serve the rice in a bowl and then top the rice with the grated carrot, broccoli, edamame, spring onion, and salmon. Garnish with fresh coriander leaves and sesame.

Allergen Information

Contains fish, sesame.
May contain sulphites,
soy, wheat, gluten



Apple Cinnamon Oat Pancakes



A delightfully wholesome twist on a classic breakfast. They feature hearty rolled oats, sweet grated apple, and a dash of cinnamon to create a warm, inviting breakfast. These pancakes are not only delicious but also quick and easy to make, making them perfect for a nutritious start to your day.



Prep: 5 min

Cook: 10 min

Fresh: 1 days



Beginner



Makes 2

Semi-Skimmed Milk 2/3 cup or 160ml

Eggs 2

Porridge Oats 90g or 3.2 oz

Apple 1 small

Baking Powder 1 tsp

Cinnamon 1/2 tsp

Apple Cinnamon Oat Pancakes



Method

Begin by adding the oats, baking powder, cinnamon, eggs, milk, and 1 grated apple to a blender. Blend the ingredients until they are well combined and the oats are broken down.

Heat a large nonstick pan over medium heat and add a tsp of olive oil. (Depending how good your pan is you may be able to do it with no oil)

Use a large spoon to drop spoonfuls of the batter onto the heated pan. Cook the pancakes until bubbles form on the surface and the edges appear cooked. Carefully flip the pancake over using a thin spatula and cook for another minute on the other side.

Continue this process until all the batter has been used, adding more oil to the pan as needed.

Allergen Information

Contains lactose, eggs



Apple, Date & Hazelnut Bircher



This nourishing blend of creamy oats, crisp apples, naturally sweet dates, and crunchy hazelnuts is not only packed with flavour but also brimming with nutrients to fuel your morning. This make-ahead dish offers the perfect way to eat a balanced breakfast yet save time.



Prep: 5 min

Cook: 0 min

Fresh: 3 days



Beginner



Makes 1

Apple Juice 150ml or 5 fl oz (or you can also use milk)

Greek Yogurt 150g or 5.3oz

Apple 1 small

Oats 60g or 2.1oz

Dates 3, pitted and chopped

Hazelnuts 8, kernel only

Honey 1 tsp

Flaxseed 1 tsp

Cinnamon pinch

Apple, Date & Hazelnut Bircher



Method

To a bowl, add the hazelnuts (chopped), oats, apple juice (or milk), yogurt, 1/2 the apple (grated), dates, flaxseed, and honey, and mix well.

Once mixed, top with a pinch of ground cinnamon, a pinch of the chopped hazelnuts, and 1/2 the apple, sliced. Place in the fridge for a minimum of 2 hours, ideally overnight.

Allergen Information

Contains tree nuts,
lactose, sulphites