

Fish recipes and tips



Recipes for success

Tried-and-tested, nutritionally analysed recipes to help you offer a popular menu, and tips to meet the national standards for school food.

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Acknowledgements

The Children's Food Trust would like to thank Brakes for developing the fish recipes included in this booklet and the following schools and caterers for testing them with their pupils: Chartwells and Ivy House School, Kingsmead School, St Clare's School, St Peter's School and Wren Park School, Colham Manor Primary School, Enfield Council and Enfield County School, ISS Facilities Services – Education and Woodmansterne School, Manchester Fayre and Manchester Communication Academy.

Why has this booklet been developed?

General health advice for the UK population is to consume two portions of fish each week, including oily fish.¹ The latest national diet survey shows that only 8-12% of children ate oily fish during the 4 days while the survey was being conducted. When fish was consumed this tended to be white fish that had been coated or fried such as fish fingers.²

The standards for school lunches require schools to provide oily fish at least once every three weeks at lunchtime in both primary and secondary schools.³ This standard is in place to encourage children to eat more fish containing omega-3 fatty acids which help maintain a healthy heart.

School cooks and their caterers have told us they need more ideas of how to provide fish and oily fish in ways that are popular with pupils.⁴

Importance of fish in the diet

Fish and shellfish are good sources of protein and many vitamins and minerals such as iron and all the B vitamins, except folate.

Remember that canned and smoked fish can be high in salt. Choose fish canned in spring water rather than oil. Steaming, baking or grilling fish is a healthier choice than frying it; frying makes fish much higher in fat, especially if it's cooked in batter.

The Children's Food Trust 2011 Secondary School Food Survey⁵ found that 5% of pupils chose fish or fish dishes from the school menu.



Types of fish

Different types of fish and shellfish provide different nutrients.

Oily fish. Some oily fish contain bones that you can eat, including whitebait, canned sardines, pilchards and canned salmon (but not fresh salmon). These fish can help keep our bones strong because they are good sources of calcium and phosphorus.¹

Oily fish contain a special kind of fat, called long-chain omega-3 fatty acids. Long-chain omega-3 fatty acids may help prevent heart disease. They are also important for women who are pregnant or breastfeeding because they can help a baby's nervous system to develop.¹

Oily fish is also a good source of vitamin D – and is in fact one of the main sources of vitamin D in our diets but our bodies make most of it from sunlight. Vitamin D is important to regulate calcium and phosphate in our bodies, which helps to keep our bones healthy.⁶



Oily fish can contain low levels of pollutants which can build up in the body and be harmful. Therefore there are recommendations for the maximum amounts of some fish that different groups of the population should eat in a week:

- Women and girls should eat no more than two portions of oily fish a week if they may become pregnant in the future or if they are currently pregnant or breastfeeding. This is because pollutants found in oily fish may affect the development of a baby in the womb.
- Boys and men, as well as girls and women who won't become pregnant in the future, can eat up to four portions of oily fish each week.

Oily fish includes anchovies, carp, herring (bloaters and kipper are types of herring), mackerel, pilchards, salmon, sardines, sprats, trout, tuna (fresh) and whitebait.



Herring: This fish has creamy coloured meat, a mild taste, a high oil content and a small flake. It is often smoked, cured or canned. Use instead of mackerel in our wraps, served with potato salad.⁷



Sardines: Sardines (or pilchards) are small fish that grow to a maximum length of 25cm and are commonly eaten canned or fresh.



Tuna (Fresh or Frozen): This is a meaty fish related to the mackerel family which is found throughout the world's oceans. Commonly eaten canned (which does not count as an oily fish), it is also available as fresh loins. Tuna only counts as an oily fish when it is fresh or frozen because the omega-3 fatty acids are removed during the canning process.

Source: Marine Stewardship Council⁸

White fish is low in fat, making it a healthier alternative to red or processed meat, which tends to be higher in fat (especially saturated fat).

White fish also contains omega-3 fatty acids, but at much lower levels than oily fish.

Unlike oily fish, white fish does not carry a restriction on the number of portions that can be eaten each week, except in the cases of sea bream, sea bass, turbot, halibut and rock salmon (also known as dogfish, flake, huss, rigg or rock eel), as these may contain similar levels of certain pollutants as oily fish.

It is also important that children do not consume shark or marlin as these fish contain higher levels of mercury compared to other fish.

Non-oily fish includes haddock, plaice, coley, cod, canned tuna, skate and hake.



Cod: This fish has a moist, mild-tasting white meat that is very versatile. It can be used in fish pie, or cooked topped with a herb crust, or breaded to make homemade goujons.



Haddock: This fish is very similar to cod, with a firm flesh, delicate flavour and succulent texture. It is used from fresh or frozen and can also be purchased smoked. Bake with Indian spices or add to omelettes.



Pollock: This is smaller than cod but is the most important groundfish species in world fisheries. Often used for processed breaded items. Use fresh pollock in a fish curry.

Source: Marine Stewardship Council⁸

Shellfish is low in fat and is a good source of vitamins and minerals including zinc, selenium, iodine and copper.

Some types of shellfish, such as mussels, oysters, squid and crab, are also good sources of long-chain omega-3 fatty acids, but not in such high quantities as oily fish.

Shellfish includes clams, crab, lobster, mussels, oysters, scallops and shrimps/prawns.



Crab: Each species has different characteristics, but generally crab has a delicious, sweet-flavoured and firm meat. Add to pasta sauces or make into crab cakes.



Shrimps/Prawns: Shrimps are crustaceans – larger shrimps are called prawns in some parts of the world. They have a sweet taste and firm texture. Add them to curries, fish pies, pasta dishes or stir-fries.

Source: Marine Stewardship Council⁸

Tips – Increasing the number of fish options on the lunch menu

It can take time for pupils to get used to the taste and texture of fish, but as they get more familiar, they will start to be more comfortable eating it. Use the tips and good practice ideas below to encourage pupils to eat fish.

Tips

- ✓ Try to use a variety of different kinds of fish – cod, haddock, salmon, trout, including fresh, frozen and canned fish. Remember to use healthier cooking methods, for example steaming and baking, and only occasionally provide fried fish, or battered-coated or breadcrumb-coated fish.
- ✓ Serve a variety of fish dishes across your menu cycle by substituting some of your current dishes for the tried-and-tested fish recipes included in this book or from the Trust's seasonal menus.⁹

Good practice

- ✓ It's good practice to offer fish on the school menu at least once a week.
- ✓ Offer small taster portions to introduce pupils to fish dishes. Research shows that regular small tasters are a good way of helping children accept new or unfamiliar foods.¹⁰
- ✓ Start with white fish like whiting and haddock, which have a milder flavour. As pupils get used to the taste and texture of fish you can add small quantities of new varieties to the menu such as salmon and mackerel.
- ✓ Combine oily fish such as salmon and mackerel, which often has a stronger flavour, with white fish, for example in fish pie or a casserole.
- ✓ Modify existing recipes to include oily fish.
- ✓ Ask children what fish dishes they like and offer combinations of popular fish menu items in meal deals or grab bags.
- ✓ With practical cooking on the curriculum, ask the children to develop their own fish recipe to include on the school menu; many children are more willing to eat dishes they have developed themselves.

Soups

- Try adding salmon to sweet potato and butternut squash soup¹² and serve with a granary bread roll and low-fat spread.

Main meals/composite dishes

- Include oily fish in main-course dishes. Try baked salmon fillet, baked or grilled fishcakes,¹³ fish pie¹⁴ or kedgeree.¹⁵
- Make a colourful and tasty stir fry using fish and serve with noodles.
- Try fish stews and casseroles with a variety of pulses.
- Combine oily and white fish in a fish pie to help pupils get used to stronger flavours. Try our Haddock and mackerel fish pie.¹⁴

Grab-and-gos

- Add oily fish to a sandwich, roll, baguette, tortilla or wrap filling. Try salmon and cucumber, canned sardines or mackerel and salad.¹⁵
- Provide wholemeal hot pasta pots, such as our Tuna tomato bean pasta bake.¹⁶
- Use fish fillings for baked potatoes, such as our Mackerel jacket potato and salad recipe.⁷

Salad bar

- Use oily fish as a salad ingredient. Try canned, smoked or fresh salmon salad, smoked or canned mackerel salad, or niçoise salad.
 - Mackerel is a great accompaniment to beetroot. Offer a beetroot and smoked mackerel salad with wholemeal bread.



Remember:

Oily fish should be provided at lunchtime at least once every three weeks in both primary and secondary schools.

Tips – Increasing the number of fish options at other times of the school day

Breakfast clubs

- Kedgerree is traditionally made with smoked haddock, rice and eggs and eaten at breakfast.
- Kippers are also traditionally served at breakfast. Try offering tasters of these types of foods at breakfast club to see how popular they would be with pupils.

Mid-morning break

- Offer fish such as salmon and tuna in rolls, pittas and wraps.
- Make dips and pâtés with fish and low-fat cream cheese to serve with vegetable sticks. Try our Let's Get Cooking Salmon dip recipe.¹⁵

After-school clubs

- Try using fish as a pizza topping or added to pasta sauces.
- Try tuna in paninis or in toasted sandwiches.¹³
- As a cooking activity, try making salmon fishcakes or fish fingers¹⁵ from scratch and serve with a homemade tomato sauce.



Remember:

The food-based standard for oily fish applies only to school lunches, but it is good practice to encourage children to eat fish at other times of the school day.³



Buying, preparing, cooking and serving fish

When choosing fish and shellfish, remember:

- Buy fish and shellfish from reputable sources and also, where possible, from sustainable sources (see next page for more information about buying sustainable).
- Fresh fish and shellfish can deteriorate quickly once they are taken out of the fridge, so it is important to ensure they are fresh on purchase and kept properly refrigerated.
- A few key indicators of freshness and quality when buying fresh fish are:
 - **Smell:** fish should not smell like fish, it should smell of the sea. If it smells 'fishy' it is a sign that it may be past its best.
 - **Flesh:** this should be firm to the touch and shiny. White fish flesh should also be translucent.
 - **Eyes:** look for bright, clear eyes with shiny black pupils.
- A few key indicators of freshness and quality when buying frozen fish are:
 - The surface of the fish should be free of freezer burns, which appear as opaque dry sections in the flesh.
 - Protective ice glaze (where present) should be intact and not cracked.
 - An excess amount of ice crystals loose in the packaging could be a sign of the fish having been partially thawed and re-frozen, which is dangerous.¹⁷
- It is safe to eat the bones in whitebait, canned sardines, pilchards and salmon (not fresh salmon).¹ The bones in these types of fish are small and can easily be swallowed. However, larger bones in other fish can be a choking hazard so it is important to remove these before cooking.

Fish and shellfish allergy

Allergies to fish or shellfish are quite common and can cause severe reactions. People who are allergic to one type of fish often react to other types, so cooking another type for an allergy sufferer doesn't reduce the possibility of their having a bad reaction to it.*

*Be allergy aware – information about food allergies and developing an allergy plan is available from www.allergyuk.org

Sustainability

To ensure there are enough fish to eat now and in the future, we should try to eat a wide variety of fish and to buy it from sustainable sources. If we eat only a few kinds of it, the numbers of these fish can fall very low due to overfishing of stocks. Overfishing endangers the future supply of the fish and can also cause damage to the environment within which the fish is caught. Sustainable fish or shellfish are caught or produced in a way that allows stocks to replenish and does not cause unnecessary damage to marine animals and plants.

Government buying standards¹⁸ recommend:



1. Choosing fish from verifiably sustainable sources

In practice this means that all fish are demonstrably sustainable with all wild-caught fish (fish includes all fish including where it is an ingredient in a composite product) meeting the FAO Code of Conduct for Responsible Fisheries (includes Marine Stewardship Council¹⁹ certification and Marine Conservation Society 'fish to eat', or equivalent).

No 'red list' or endangered species of farmed or wild fish shall be used (Marine Conservation Society 'fish to avoid').²⁰

2. Serving fish regularly on the menu

If caterers serve lunch and an evening meal, fish should be provided twice a week, one of which is oily. If caterers only serve lunch or an evening meal, an oily fish should be available at least once every 3 weeks.



Recipes

The Children's Food Trust^{5, 21} surveys of food provision in primary and secondary schools in England show that fish dishes include: fish pie, fish fingers and fishcakes.

Here are 10 other tried-and-tested fish recipes for you to try:

1. Cajun-spiced fish goujons
2. Fish cassoulet with herby cobbler
3. Mediterranean fish pasta
4. Oven-baked salmon with couscous
5. Pea and mint-topped pollock with wholemeal pitta breads, tomato salsa and natural yoghurt
6. Salmon chickpea and spinach balti
7. Smoked mackerel kedgeree
8. Three-fish pie
9. Thai tuna noodles
10. Tuna niçoise salad

Note: These recipes have been nutritionally analysed and each contains at least 50% of the nutrient-based standards highlighted.

These recipes use pulses canned without added salt or sugar.

Allergen information is provided for each recipe, listing whichever of the 14 allergens covered by EU and UK legislation that are included in the main ingredients list for the recipe. Presence of allergens can vary by brand – always check product information, and make allergen information available to pupils and parents.²²

Type: Main

Prep: 10min
Cook: 15min

This makes:
10 primary servings (60g)
8 secondary servings (75g)

Cajun-spiced fish goujons



Ingredients

- 80g low-fat natural yoghurt (2 tbsp)
- 30g smoked paprika (2 tbsp)
- 15g dried mixed herbs (5 tbsp)
- 600g pollock portions, cut into chunky strips

Method

- Preheat the oven to 190°C/375°F/gas mark 5.
- Combine the yoghurt, smoked paprika and mixed herbs to make a paste. Brush the paste over the pollock strips to coat.
- Oven bake for 12–15 minutes until the fish turns opaque and is cooked through.

Nutrients	Nutrient content		
	Per 100g	Primary serving: 60g	Secondary serving: 75g
Energy kcals	86	50	62
Fat g	1.5	0.9	1.1
Saturates g	0.3	0.2	0.2
Carbohydrate g	3.8	2.2	2.7
NME sugars g	0.4	0.2	0.3
Fibre g	0.0	0.0	0.0
Protein g	14.7	8.6	10.7
Iron mg	3.2	1.8	2.3
Calcium mg	81.1	47.3	59.1
Vitamin A µg	312	181.9	227.4
Folate µg	3.1	1.8	2.3
Vitamin C mg	0.9	0.5	0.7
Sodium mg	89.9	52.4	65.5
Zinc mg	0.7	0.4	0.5

Allergens: fish, milk

Top Tip:
thread onto skewers for a grab and go fish kebab

Serving Suggestion:
in wholemeal wraps with roasted peppers, onions and guacamole

High in:
protein

Type: Main

Prep: 20min
Cook: 50min

This makes:
8 primary servings (245g)
5 secondary servings (395g)

Fish cassoulet with herby cobbler



Ingredients

- 30ml (2 tbsp) vegetable oil
- 100g red onion, sliced
- 8g (2 cloves) garlic, chopped
- 100g mushrooms, washed and sliced
- 150g tomatoes, diced
- 400g black-eyed beans (250g drained weight)
- 30g (1½ tbsp) tomato purée
- 2g (2 tsp) dried mixed herbs
- 250ml water
- 100g wholemeal flour
- 100g self-raising flour
- 50g soft margarine
- 30g fresh flat-leaf parsley, chopped
- 80ml skimmed milk
- 500g pollock, cut into bite-size pieces
- 1 egg, beaten

Method

- Preheat the oven to 180°C/350°F/gas mark 4.
- Heat the oil in a large pan. Add the onion and garlic and cook for 4–5 minutes until softened.
- Add the mushrooms, tomatoes, beans, tomato purée, dried mixed herbs and water. Simmer for 15–20 minutes.
- In a large bowl, combine the two flours, rub the margarine into the flour until it resembles breadcrumbs, then stir in the parsley.
- Add the milk to the flour mixture and make into a soft dough.
- On a floured surface, roll out the dough and cut using a 5cm round cutter to make the cobbler.
- Add the pollock to the tomato and vegetable mixture and put into an ovenproof dish. Top with the cobbler, evenly spaced.
- Glaze the cobbler with beaten egg and bake in the oven for 25 minutes.

Nutrients	Nutrient content		
	Per 100g	Primary serving: 245g	Secondary serving: 395g
Energy kcals	113	278	445
Fat g	3.9	9.5	15.2
Saturates g	1.2	2.9	4.8
Carbohydrate g	12.4	30.5	48.8
NME sugars g	0.5	1.2	2.0
Fibre g	1.7	4.1	6.6
Protein g	7.9	19.5	31.2
Iron mg	1.1	2.7	4.3
Calcium mg	40	97	158
Vitamin A µg	37	92	147
Folate µg	57	140	224
Vitamin C mg	5	12	19
Sodium mg	69	171	274
Zinc mg	0.6	1.5	2.4

Allergens: egg, fish, milk, wheat (gluten)

Top Tip:
use fresh and dried herbs in the cobbler, such as parsley or dill

Serving Suggestion:
with mashed potato and seasonal vegetables

High in:
fibre, protein, iron, folate and zinc

Type: Main

Mediterranean fish pasta

Prep: 15min
Cook: 30min

This makes:
10 primary servings (230g)
6 secondary servings (385g)



Ingredients

- 100g red pepper, deseeded and chopped
- 100g yellow pepper, deseeded and chopped
- 100g courgette, chopped
- 30ml (2 tbsp) sunflower oil
- 450g wholemeal pasta, dried
- 100g red onion, chopped
- 4g (1 clove) garlic, chopped
- 30g (1½ tbsp) tomato purée
- 800g canned chopped tomatoes
- 50ml cold water
- 600g mackerel, canned and drained (420g drained weight)
- 10g fresh flat-leaf parsley, chopped

Method

- Preheat the oven to 190°C/375°F/gas mark 5.
- Place the peppers and courgettes on a baking tray and drizzle with half of the oil. Roast in the oven for 20 minutes.
- Cook the pasta according to the packet instructions. Drain and set aside.
- Meanwhile, heat the remaining oil in a large pan and cook the onion and garlic for 3–4 minutes.
- Add the tomato purée and cook for a further 2 minutes, stirring.
- Add the chopped tomatoes and water and simmer for 5 minutes.
- Stir the mackerel and drained pasta into the vegetable mix and heat through.
- Garnish with parsley.

Nutrients	Nutrient content		
	Per 100g	Primary serving: 230g	Secondary serving: 385g
Energy kcals	148	343	571
Fat g	6.5	15.1	25.1
Saturates g	1.3	2.9	4.9
Carbohydrate g	15.1	34.9	58.2
NME sugars g	0.4	0.9	1.5
Fibre g	2.2	5.1	8.4
Protein g	8.1	18.9	31.5
Iron mg	1.3	3.0	5.1
Calcium mg	22	51	84
Vitamin A µg	62	144	240
Folate µg	19	44	74
Vitamin C mg	18	41	69
Sodium mg	112	261	434
Zinc mg	1.4	3.1	5.2

Allergens: fish, wheat (gluten)

Top Tip:
try with white fish for a more subtle fish flavour

Serving Suggestion:
with a mixed salad

High in:
fibre, protein, iron, vitamin A, folate and zinc

Type: Main

Oven-baked salmon with couscous

Prep: 15min
Cook: 25min

This makes:
10 primary servings (120g)
8 secondary servings (145g)



Ingredients

- 75g couscous, dried
- 10g fresh flat-leaf parsley, finely chopped
- 50g spring onion, finely chopped
- 1 lemon, juice and zest
- 780g salmon fillets
- black pepper to taste (optional)

Method

- Preheat the oven to 190°C/375°F/gas mark 5.
- Make up the couscous according to the packet instructions.
- When the couscous has absorbed the water, stir in the parsley, spring onion and lemon juice and zest to combine.
- Divide the couscous mixture between the salmon fillets and press onto the top of each salmon portion.
- Season with black pepper and oven bake for 15–20 minutes until the salmon has turned opaque and is cooked through.

Nutrients	Nutrient content		
	Per 100g	Primary serving: 120g	Secondary serving: 145g
Energy kcals	172	199	248
Fat g	9.6	11.1	13.8
Saturates g	1.6	1.9	2.4
Carbohydrate g	3.5	4.1	5.1
NME sugars g	0.0	0.0	0.0
Fibre g	0.1	0.1	0.2
Protein g	18.0	20.8	25.9
Iron mg	0.8	0.9	1.2
Calcium mg	23	27	33
Vitamin A µg	16	18	23
Folate µg	18	21	26
Vitamin C mg	3	4	5
Sodium mg	40	46	57
Zinc mg	0.5	0.6	0.8

Allergens: fish, wheat (gluten)

Top Tip:
try using dill instead of parsley

Serving Suggestion:
mashed potatoes with pea and bean salad

High in:
protein

Type: Grab and Go

Prep: 20min Cook: 20min

This makes: 10 primary servings (210g) 6 secondary servings (345g)

Pea and mint-topped pollock with wholemeal pitta breads, tomato salsa and natural yoghurt



Ingredients

- 600g pollock fillets
- 300g peas, frozen
- 100ml water (reserved cooking water from peas)
- 10g fresh mint, chopped
- 300g chopped canned tomatoes
- 100g red onion, chopped
- 8g (2 cloves) garlic, chopped
- 30g fresh coriander, chopped
- 600g (10 x 60g or 6 x 100g pitta breads) wholemeal pitta bread
- 100g Iceberg lettuce, washed and shredded
- 150g low-fat natural yoghurt

Method

- Preheat the oven to 180°C/350°F/ gas mark 4.
- Place the fish on a baking tray.
- Boil the peas for 5 minutes then drain, reserving the cooking water.
- Mash the peas coarsely with approximately 100ml of the reserved cooking water and stir in the chopped mint.
- Divide the pea and mint mixture between the fish portions and press onto the top of each piece.
- Bake for 15 minutes or until the fish has turned opaque and is cooked through.
- To make the salsa, combine the tomatoes, red onion, garlic and coriander together in a bowl.
- To assemble the dish: Slice open the pitta pockets, lay a couple of lettuce leaves inside the pitta, add 2 tablespoons of tomato salsa and 1 tablespoon of yoghurt, place the fish portion on top of the lettuce, salsa and yoghurt inside the pitta bread.

Nutrients	Nutrient content		
	Per 100g	Primary serving: 210g	Secondary serving: 345g
Energy kcals	115	239	398
Fat g	0.8	1.7	2.8
Saturates g	0.2	0.5	0.8
Carbohydrate g	17.1	35.7	59.5
NME sugars g	0	0	0
Fibre g	2.4	5.0	8.4
Protein g	9.1	18.9	31.4
Iron mg	0.6	1.3	2.1
Calcium mg	23	47	78
Vitamin A µg	16	34	57
Folate µg	15	32	53
Vitamin C mg	7	14	23
Sodium mg	100	207	345
Zinc mg	0.3	0.7	1.2

Allergens: fish, milk, wheat (gluten)

Top Tip: swap pollock for hoki or any other white fish

Serving Suggestion: add chilli to the salsa for extra heat

High in: fibre, protein, vitamin C, folate

Type: Main

Prep: 15min Cook: 35min

This makes: 10 primary servings (180g) 6 secondary servings (300g)

Salmon, chickpea and spinach balti



Ingredients

- 400g baby potatoes, diced
- 15ml (1 tbsp) sunflower oil
- 100g onion, peeled and diced
- 12g (3 cloves) garlic, peeled and chopped
- 20g curry powder
- 40g tomato purée
- 500ml water
- 20ml (juice of 1 lemon) lemon juice
- 400g canned chickpeas, drained (200g drained weight)
- 200g spinach, fresh or frozen
- 300g salmon fillets, checked for bones and diced

Method

- Parboil the potatoes for approximately 10 minutes. Drain and set aside.
- Heat the oil in a large pan. Add the onions and garlic and cook for 3–4 minutes or until soft.
- Add the curry powder and cook for a further minute.
- Add the tomato purée, water and lemon juice and cook until reduced and thickened, approximately 20 minutes.
- Stir in the chickpeas, spinach and potatoes then add the salmon and cook for approximately 10 minutes.

Nutrients	Nutrient content		
	Per 100g	Primary serving: 180g	Secondary serving: 300g
Energy kcals	75	135	225
Fat g	3.3	5.9	9.8
Saturates g	0.5	0.9	1.5
Carbohydrate g	6.6	11.9	19.9
NME sugars g	0.0	0.0	0.0
Fibre g	1.3	2.4	3.9
Protein g	5.2	9.3	15.5
Iron mg	1.2	2.2	3.7
Calcium mg	38	68	114
Vitamin A µg	163	293	489
Folate µg	24	44	73
Vitamin C mg	7	13	22
Sodium mg	61	109	181
Zinc mg	0.4	0.7	1.1

Allergens: fish, mustard, sulphites

Top Tip: try using canned salmon or use broccoli instead of spinach

Serving Suggestion: brown rice or naan bread and yoghurt

High in: protein, fibre, iron, vitamins A and C, folate

Type: Grab and Go

Prep: 15min Cook: 15min

This makes:
10 primary servings (160g)
8 secondary servings (200g)

Smoked mackerel kedgeree



Ingredients

- 400g brown rice
- 30ml (2 tbsp) sunflower oil
- 150g red onions, finely diced
- 4g (1 clove) garlic, chopped
- 200g peas, frozen
- 10g (3 tsp) curry powder
- 150g tomatoes, diced
- 400g smoked mackerel fillets, flaked and checked for bones
- 5 eggs, hard-boiled, chopped
- 10g fresh coriander, chopped

Method

- Cook the rice according to the packet instructions.
- In a large frying pan, heat the oil. Add the onion and garlic and cook for 5 minutes or until soft.
- In a large pan, boil the peas for 5 minutes then drain.
- Add the cooked rice, curry powder, tomatoes and mackerel to the onions and garlic. Stir thoroughly and heat through over a medium heat for 2-3 minutes or until piping hot throughout.
- Just before serving, fold in the peas, eggs and coriander.

Nutrients	Nutrient content		
	Per 100g	Primary serving: 160g	Secondary serving: 200g
Energy kcals	235	376	470
Fat g	12.3	19.7	24.5
Saturates g	2.5	4.0	5.0
Carbohydrate g	23.1	36.9	46.2
NME sugars g	0.9	1.5	1.8
Fibre g	1.5	2.3	2.9
Protein g	9.4	15.1	18.9
Iron mg	1.7	2.8	3.4
Calcium mg	27	42	53
Vitamin A µg	52	84	105
Folate µg	31	50	63
Vitamin C mg	6	9	11
Sodium mg	214	343	429
Zinc mg	1.1	1.8	2.2

Allergens: eggs, fish, mustard

Top Tip: hard-boil the eggs in advance. These can be refrigerated for up to 24 hours

Serving Suggestion: add red chilli for an extra-spicy flavour

High in: fibre, protein, iron, folate, vitamin C and zinc

Type: Main

Prep: 10min Cook: 1hr

This makes:
10 primary servings (320g)
8 secondary servings (400g)

Three-fish pie



Ingredients

- 1.5kg potatoes, peeled and chopped into 2cm cubes
- 30ml (2 tbsp) sunflower oil
- 200g leeks, washed and sliced
- 100g spinach, fresh or frozen, washed
- 1kg selection of white and oily fish, cut into chunks
- 4 eggs, hard-boiled and sliced
- 525ml skimmed milk
- 50g soft margarine
- 50g plain flour

Method

- Preheat the oven to 180°C/350°F/gas mark 4.
- Boil the potatoes in a large pan for 20 minutes.
- Meanwhile, in another large pan, sauté the leeks and spinach in the oil for 3-4 minutes, until soft.
- Spread the leek mixture across the bottom of an ovenproof dish.
- Evenly place the fish pieces over the leek mixture then top with a layer of sliced egg.
- Drain and mash the potatoes with 75ml of the milk then set aside.
- To make the béchamel sauce, melt the margarine in a pan and add the flour, then gradually add the remaining milk, whisking all the time until thickened and smooth.
- Pour the béchamel sauce over the sliced egg and top with mashed potato. Bake in the oven for 25-30 minutes.

Nutrients	Nutrient content		
	Per 100g	Primary serving: 320g	Secondary serving: 400g
Energy kcals	104	379	414
Fat g	4.4	16.1	17.7
Saturates g	1.1	3.9	4.3
Carbohydrate g	8.9	32.7	35.8
NME sugars g	0.0	0.0	0.0
Fibre g	0.8	2.8	3.1
Protein g	7.5	27.8	30.1
Iron mg	0.5	1.9	2.1
Calcium mg	35	129	141
Vitamin A µg	63	229	250
Folate µg	27	98	108
Vitamin C mg	6	23	25
Sodium mg	48	177	193
Zinc mg	0.4	1.6	1.7

Allergens: eggs, fish, milk, wheat (gluten)

Top Tip: brush the top with a beaten egg for a golden topping

Serving Suggestion: with green vegetables or corn on the cob

High in: protein, vitamins A and C, folate

Type: Grab and Go

Prep: 15min Cook: 30min

This makes: 10 primary servings (210g) 6 secondary servings (350g)

Thai tuna noodles



Ingredients

- 500g dried egg noodles
- 30ml (2 tbsp) sunflower oil
- 10g (4 tsp) ground ginger
- 20g red chilli pepper, deseeded and finely chopped
- 10g (2 large cloves) garlic
- 200g mixed peppers, deseeded and sliced
- 200g spring onions, finely sliced
- 580g canned tuna in spring water (500g drained weight)
- 30ml light soy sauce
- 30ml (2 tbsp) malt vinegar
- 500g beansprouts
- 50ml cold water
- 40ml (juice of 2 lemons or limes) lemon or lime juice
- 20g fresh coriander, chopped

Method

- Cook the noodles according to the packet instructions.
- In a large pan, heat the oil over a medium heat. Add the ginger, chilli and garlic and cook until soft.
- Add the sliced peppers and cook for a further 5 minutes, then add the spring onions, tuna, soy sauce and vinegar. Cook until heated thoroughly.
- Add the beansprouts, cooked noodles and water. Stir together and heat the ingredients until piping hot. Squeeze over the juice of 1 lemon or lime and top with coriander to serve.

Nutrients	Nutrient content		
	Per 100g	Primary serving: 210g	Secondary serving: 350g
Energy kcals	66	137	229
Fat g	1.9	4.0	6.7
Saturates g	0.3	0.6	1.0
Carbohydrate g	5.2	10.8	18.0
NME sugars g	0	0	0
Fibre g	0.8	1.7	2.9
Protein g	7.3	15.3	25.5
Iron mg	0.6	1.2	2.0
Calcium mg	9	19	32
Vitamin A µg	29	61	102
Folate µg	10	20	33
Vitamin C mg	19	39	64
Sodium mg	168	350	585
Zinc mg	0.3	0.6	1.0

Allergens: barley (gluten), eggs, fish, soya, wheat (gluten)

Top Tip: try adding some mangetout and baby corn

Serving Suggestion: in a noodle box with chopsticks

High in: protein and vitamin C

Type: Grab and Go

Prep: 15min Cook: 30min

This makes: 10 primary servings (170g) 8 secondary servings (215g)

Tuna niçoise salad



Ingredients

- 550g new potatoes
- 100g fine green beans, chopped
- 200g little gem lettuce, broken into leaves
- 100g cherry tomatoes, cut into quarters
- 530g tuna chunks in spring water, drained (400g drained weight)
- 100g cannellini beans, drained (100g drained weight)
- 5 eggs, hard-boiled, quartered
- 20g black olives, sliced

Method

- Boil the potatoes for 20 minutes or until tender. Drain and set aside to cool.
- Cook the fine beans in boiling water for 3–5 minutes then drain.
- To assemble: Line a bowl with lettuce leaves and arrange the potatoes, quartered tomatoes and green beans attractively on top of the leaves. Mix the tuna with the cannellini beans and add to the centre of the bowl.
- Arrange the eggs around the outside of the bowl and sprinkle the salad with sliced olives.

Nutrients	Nutrient content		
	Per 100g	Primary serving: 170g	Secondary serving: 215g
Energy kcals	75	129	160
Fat g	2.1	3.6	4.5
Saturates g	0.5	0.9	1.2
Carbohydrate g	6.1	10.6	13.2
NME sugars g	0.0	0.0	0.0
Fibre g	0.9	1.6	1.9
Protein g	8.3	14.3	17.8
Iron mg	0.9	1.6	1.9
Calcium mg	22	39	48
Vitamin A µg	55	95	118
Folate µg	27	47	58
Vitamin C mg	8	14	17
Sodium mg	128	220	275
Zinc mg	0.5	0.9	1.1

Allergens: eggs, fish, sulphites

Top Tip: roughly mash the cannellini beans before mixing with the tuna

Serving Suggestion: with a granary roll as a grab and go

High in: protein, vitamin C, folate

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The Children's Food Trust

The Children's Food Trust aims to reduce childhood obesity and malnutrition and enhance educational performance through improving the food our children eat in early years settings, schools and beyond.

We work with health and education commissioners in local authorities, and directly with early years settings, schools parents and children across the country. We run the UK's biggest network of cooking clubs and, under our previous name of the School Food Trust, we were directly responsible for developing and introducing the national food and nutrition guidelines in both schools and early years settings. We make a difference, and would be pleased to help you too.

Let's Get Cooking

Run by the Children's Food Trust, Let's Get Cooking is the UK's largest network of cooking clubs. We provide training, support and resources for setting up and running healthy cooking activities for people of all ages. For cooking clubs and cookery training information and services visit: www.letsgetcooking.org.uk

Cooking at home? Visit: www.letsgetcookingathome.org.uk for a fantastic range of healthy, tasty recipes as well as lots of helpful information on cooking from scratch.

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