



FISH

**TEN HEART-HEALTHY RECIPES WHICH
CELEBRATE THE FRESH FLAVOURS OF FISH**



HOW TO USE THE HEART-HEALTHY EATING PATTERN



1

We hope you enjoy our new collection of heart-healthy fish recipes. Heart-healthy Eating Patterns are based on a combination of foods, chosen regularly, over time.

This optimal combination is outlined in our Heart-healthy Eating Patterns which encourage people to eat:

- 1 Plenty of fruit, vegetables and wholegrain cereals.
- 2 Healthy proteins especially fish, seafood, legumes, nuts and seeds with smaller amounts of eggs and lean poultry. Limit lean red meat to 1-3 times a week.
- 3 Unflavoured milk, yoghurt and cheese. Those with high blood cholesterol should choose reduced fat varieties.
- 4 Healthy fat choices with nuts, seeds, avocados, olives and their oils for cooking.
- 5 Herbs and spices to flavour foods, instead of adding salt.



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HOW TO USE THE HEART-HEALTHY EATING PATTERN

- Aim for 5 servings of vegetables a day. To help meet this goal fill half the main meal plate with vegetables, use as snacks, add to salads, soups and casseroles.
- Incorporate fresh fruit and unflavoured yoghurt into breakfast, snacks or dessert.
- Go for wholegrains. Replace white bread and rice with seeded breads, brown rice and high fibre breakfast cereals.
- Include fish and seafood two to three times per week.
- Eat more legumes like lentils, chickpeas and beans. Use dried and cooked or canned varieties either alone or added to meat dishes to reduce the amount of meat.
- Try introducing at least one meat-free day a week and limit red meat to 1-3 times per week.
- Trim fat off meat, remove skin from chicken and avoid processed meat (like sausages, ham and salami).
- Cook with oils like olive, canola, avocado, peanut and sunflower oil.
- Add a sprinkle of unsalted nuts and seeds to your breakfast, salads and stir-fry's or enjoy a small handful as a snack.
- Flavour foods with herbs and spices, instead of salt.

For heart health information visit heartfoundation.org.au



ADDING FISH TO YOUR DIET

Including more fish in your diet is a great way to kick-start a heart-healthy diet. The tasty and versatile protein can take on a wide variety of flavours including Mediterranean, Asian and Mexican and is a great option for a quick and easy meal. Whether simple classics or family favourites, this delicious collection of recipes will help to inspire your next meal. The Heart Foundation recommends all Australians should aim to include 2-3 serves of fish (including oily fish) per week as part of a heart-healthy diet. Fish and seafood are great sources of heart healthy protein that are low in saturated fat and rich in omega-3 fatty acids which are good for the heart. Since our bodies can't produce omega-3 naturally, we need to eat foods that contain it. Fish with the highest levels of omega-3 include salmon, blue-eye trevalla, blue mackerel, herring, canned sardines, canned salmon and some varieties of canned tuna. Other good sources of marine-sourced omega-3s include barramundi, bream, flathead, squid, scallops and mussels.

People can safely enjoy 2-3 serves a week of most types of fish. However, because of the presence of higher levels of mercury in some fish there are a few types that should be limited, especially if you are pregnant. The Heart Foundation guide to omega-3 levels in fish and seafood and our recipes do not list any species for which there is a higher risk of mercury contamination, such as flake, swordfish and orange roughy.

Sustainability of our food supply is an important part of making food choices. The Heart Foundation advises people interested in making sustainable fish and seafood choices to consult other national guidelines for more information such as Good Fish: Australia's Sustainable Seafood Guide (goodfish.org.au).

FISH SAGANAKI (GREEK STYLE FISH)

 4 SERVES  10 MINS  19 MINS

INGREDIENTS

2 tablespoons olive oil
2 cloves garlic, crushed
1 teaspoon dried chilli flakes
1 tablespoon no added salt tomato paste
2 x 400g cans no added salt diced tomatoes
1 tablespoon red wine vinegar
420g can no added salt cannellini beans, drained
2 tablespoons sliced kalamata olives
600g skinless, boneless, white fish fillets, cut into large pieces
1 slice wholegrain bread, torn into small pieces
50g feta cheese, crumbled
2 tablespoons coarsely chopped fresh parsley
Garden salad, to serve

METHOD

Heat 1 tablespoon oil in a large, ovenproof, deep frying pan over a medium heat. Add garlic and chilli flakes. Cook, stirring for about 1 minute, until fragrant. Add tomato paste. Cook, stirring a further 1 minute.

Stir in tomatoes, vinegar and $\frac{1}{2}$ cup water. Bring to the boil. Gently boil for 2-3 minutes, or until thickened slightly. Stir in beans and olives. Add fish pieces. Spoon the sauce over fish to cover. Simmer uncovered for about 10 minutes, or until fish is cooked.

Toss bread with remaining oil in a bowl. Sprinkle bread and feta over sauce in pan.

Meanwhile, preheat oven grill to high. Place pan under hot grill for about 2 minutes, or until bread is golden brown. Transfer pan to a heatproof mat or wooden board. Take care (use oven mitts) as handle will be hot.

Sprinkle with parsley. Serve with salad.

Tips: We used baby ling fillets but any skinless, boneless white fish fillets are suitable for this recipe. Try basa, dory or snapper. Customise your salad to make use of whatever salad vegetables you have on hand. We used oakleaf lettuce, avocado and green capsicum.



THAI SPICED FISH W/ MANGO CORIANDER SAMBAL

 4 SERVES  15 MINS  25 MINS

INGREDIENTS

1½ tablespoons sunflower oil
1 teaspoon finely grated fresh ginger
1 clove garlic, crushed
½ teaspoon ground turmeric
¾ cup brown basmati rice
60g baby spinach leaves
2 tablespoons panang curry paste
4 x 175g boneless white fish fillets

MANGO CORIANDER SAMBAL

1 large mango, peeled, diced
1 large red capsicum, diced
1 Lebanese cucumber, diced
3 green shallots, thinly sliced
1 cup coarsely chopped fresh coriander
1 tablespoon lime juice
2 teaspoons brown sugar

METHOD

Preheat the oven to 220°C (fan-forced).

To make sambal, combine all ingredients in a medium bowl. Cover and set aside in fridge.

Heat half the oil in a medium saucepan over a medium heat. Add ginger, garlic and turmeric. Cook, stirring, for 1 minute, until fragrant. Stir in rice and 1¼ cups water. Bring to the boil. Reduce heat to low. Cover and simmer for 12-15 minutes, until water is absorbed. Remove from heat. Stir in spinach. Stand covered for 10 minutes.

Combine curry paste and remaining oil on a large plate. Add fish and rub with curry mixture to coat.

Transfer fish to a baking paper-lined baking tray. Bake in 220°C preheated oven (fan-forced) for 15 minutes or until fish flakes easily when tested with a fork.

Serve fish with rice and sambal.

Tips: Check curry paste labels and choose the brand lowest in sodium. Replace panang paste with red or yellow curry paste, if preferred. Any variety of firm white fish is suitable for this recipe.

Swap in basil or mint to replace coriander, if preferred.



TUNA MORNAY BAKE

 4 SERVES

 15 MINS

 40 MINS

INGREDIENTS

100g small wholemeal pasta shapes (penne or twists)
2 tablespoons sunflower oil
2 stalks celery, thinly sliced
1 onion, finely chopped
¼ cup plain flour
3 cups (750ml) reduced fat milk
1 teaspoon onion powder
1 teaspoon mustard powder
1 cup frozen peas and corn
425g can tuna in springwater, drained & flaked
¼ cup freshly grated parmesan
120g mixed baby salad leaves, to serve

TOPPING

1 slice wholegrain bread, torn into small pieces
1 tablespoon pepitas
¼ cup freshly grated parmesan
2 teaspoons sunflower oil

METHOD

Preheat the oven to 180°C (fan-forced).

To make topping, toss bread, pepitas, parmesan and oil in a bowl. Set aside.

Cook pasta in a medium saucepan of boiling water as directed on packet, until al dente (just tender). Drain.

Heat oil in a large saucepan over a medium-high heat. Add celery and onion. Cook, stirring for 3-4 minutes, until softened slightly. Add flour. Cook, stirring a further 1 minute.

Reduce heat to low. Gradually stir in milk. Add onion powder and mustard. Season with pepper. Stir constantly over a medium heat until mixture boils and thickens. Remove from heat.

Gently stir in peas and corn, tuna, pasta and parmesan. Spoon into lightly greased ovenproof dish (6 cup capacity). Sprinkle with topping. Bake in 180°C oven (fan-forced) for 30 minutes or until topping is crisp and browned.

Tips: Don't throw out stale wholegrain bread. It's perfect for making crunchy toppings or can be processed into breadcrumbs and frozen for later use. Use wholegrain breadcrumbs for binding meatballs, rissoles and vegetable patties.

Make ahead: Recipe can be prepared completely 1 day ahead. Keep covered in the fridge. To cook, remove covering and bake as directed in recipe, allowing an extra 5-10 minutes cooking time to ensure it heats through to centre.



SALMON WITH ASPARAGUS GREMOLATA

 4 SERVES  10 MINS  30 MINS

INGREDIENTS

650g sweet potato, cut into 2cm-thick slices

Olive oil cooking spray

4 x 130g skinless salmon fillets

Lemon wedges, to serve

ASPARAGUS GREMOLATA

2 teaspoons olive oil

1 bunch asparagus, thinly sliced

2 cloves garlic, crushed

2 tablespoons baby capers, drained

1 cup coarsely chopped fresh parsley

¼ cup unsalted macadamias, toasted, finely chopped

1 teaspoon finely grated lemon rind

1 tablespoon lemon juice

METHOD

Place sweet potato slices on a baking paper-lined baking tray. Lightly spray with oil and season with pepper. Bake in a 220°C preheated oven (fan-forced) for 20-25 minutes, or until tender.

Meanwhile, to make gremolata, heat oil in a medium non-stick frying pan over a medium-high heat. Add asparagus, garlic and capers.

Cook, stirring, for 2 minutes, or until asparagus is bright green and just tender. Transfer to a medium bowl. Cool for 10 minutes. Add parsley, macadamias, lemon rind and juice. Toss gently.

Add salmon to same frying pan. Cook for about 3 minutes each side, or until cooked to your liking.

Divide sweet potato and salmon among 4 plates. Spoon over gremolata. Serve with lemon wedges.

Tips: To toast macadamias, bake on a tray in 180°C oven for about 5 minutes or until lightly golden. Replace with almonds, pistachios or pine nuts, if preferred. White fish fillets can be used in place of salmon.



BRUSCHETTA FISH CUTLETS WITH CAULI MASH

 4 SERVES  20 MINS  25 MINS

INGREDIENTS

3 vine-ripened tomatoes, cut into 1cm dice
½ small red onion, finely chopped
½ cup finely shredded fresh basil leaves
1 tablespoon olive oil
2 teaspoons balsamic vinegar
4 x 200g white fish cutlets
2 tablespoons pine nuts, toasted
2 slices wholegrain bread, halved, to serve

CAULI MASH

1 large cauliflower (1kg), leaves and base trimmed, chopped
1 tablespoon olive oil
2 cloves garlic, crushed
2 tablespoons light spreadable cream cheese
2 tablespoons freshly grated parmesan

METHOD

Combine tomatoes, onion, basil, oil and vinegar in a medium bowl. Season with pepper. Toss to combine. Cover and set aside.

To make Cauli mash, place cauliflower in a large saucepan. Add enough water to almost cover. Place lid over saucepan and bring to the boil. Gently boil for 20 minutes, or until tender. Drain in a colander.

Heat oil in same large saucepan over a medium heat. Add garlic and cauliflower. Cook, stirring for 2 minutes. Stir in cream cheese and parmesan. Remove from heat. Blend with a stick blender until smooth.

Meanwhile, cook fish cutlets in a preheated, lightly oiled, large non-stick frying pan, or on a barbecue flat plate, over a medium-high heat for about 3 minutes on each side, or until fish is lightly golden and flakes easily when tested with a fork.

Divide Cauli mash and fish between 4 dinner plates. Top with tomato mixture. Sprinkle with pine nuts. Serve with wholegrain bread.

Tip: We used blue eye cod cutlets but any variety of white fish can be substituted. If preferred, use fish fillets in place of cutlets. For a more textured cauliflower mash, use a hand held potato masher instead of a stick blender.



FISH TACOS WITH TOMATO & JALAPENO SALSA

 **4 SERVES** (1 SERVE = 3 TACOS)  **20 MINS**  **10 MINS**

INGREDIENTS

1/3 cup reduced fat plain Greek yoghurt

500g skinless, boneless white fish fillets

1 tablespoon olive oil

2 teaspoon Mexican chilli powder

1 teaspoon ground paprika

1 teaspoon ground cumin

312g packet (12) white corn tortillas

12 small baby cos lettuce leaves

1 avocado, sliced

75g feta cheese, crumbled

Lime wedges, to serve

TOMATO AND JALAPENO SALSA

1 bunch fresh coriander

3 medium tomatoes, cut into 1cm pieces

1/2 small red onion, finely chopped

2 tablespoons pickled sliced jalapenos, drained, finely chopped

2 teaspoons lime juice

METHOD

To make salsa, set aside half the coriander bunch for serving. Finely chop the remaining coriander (leaves and stems) and place into a medium bowl. Add tomatoes, onion, jalapeno and lime juice. Mix to combine.

Place yoghurt in a small bowl. Stir in about 1 tablespoon water to give a pouring consistency. Refrigerate salsa and yoghurt while preparing tortillas and fish.

Place fish fillets in a large shallow dish. Add combined oil, chilli powder, paprika and cumin. Rub spice mixture over fish to coat evenly.

Heat a large, lightly greased, non-stick frying pan over a medium-high heat. Lightly toast tortillas in hot pan for 20-30 seconds on each side, until warm and lightly browned. Remove. Wrap in foil to keep warm.

Cook fish fillets in same non-stick frying pan over a medium-high heat for about 3 minutes on each side, or until fish is cooked and lightly charred. Transfer to a plate. Using 2 forks, break into large flakes.

To serve, top warm tortillas with lettuce, fish, salsa and avocado. Sprinkle with feta and drizzle with yoghurt. Garnish with reserved coriander sprigs. Fold in half. Serve with lime wedges.

Tips: Any firm, skinless, boneless fish is suitable for this recipe eg ling, dory, snapper. If preferred, heat tortillas and cook fish on a barbecue flat plate instead of in frying pan. Pickled jalapenos are available from the Mexican food section in supermarkets. Substitute 2 thinly sliced, small, fresh green chillies, if preferred.



SALMON POKE BOWL

 4 SERVES  35-40 MINS (10-15 MINS PLUS 30 MINS MARINATING TIME)

INGREDIENTS

1 cup brown rice
460g fresh salmon, diced into 2cm cubes
1 tablespoon salt reduced soy sauce
1 tablespoon sesame oil
1 teaspoon ginger, grated
1 clove garlic, crushed
2 tablespoons shelled edamame beans
1 Lebanese cucumber, peeled into thin ribbons with a vegetable peeler
4 radishes, thinly sliced
1 avocado, thinly sliced
2 carrots, peeled and grated
4 cups baby spinach leaves
Black sesame seeds, to serve

METHOD

Place 2½ cups water in a medium pot, cover and bring to the boil. Add 1 cup rice, cover, and reduce heat to low. Simmer until rice is cooked, about 35-40 minutes. Drain rice. Set aside to cool.

Meanwhile, in a medium-size bowl combine salmon, salt reduced soy sauce, sesame oil, ginger and garlic. Stir well to combine. Marinate for 30 minutes in the fridge.

Divide rice, edamame beans, cucumber, radishes, avocado, carrots, spinach and salmon between 4 bowls. Sprinkle with black sesame seeds.

Tips: Shredded cooked chicken breast, tuna or tofu can be substituted for salmon. Quinoa can be substituted for brown rice.



SOY-GLAZED FISH WITH STIR-FRY VEGETABLES

 4 SERVES  20 MINS  8 MINS

INGREDIENTS

1½ tablespoons salt reduced soy sauce
2 teaspoons honey
2 teaspoons finely grated fresh ginger
1 clove garlic, crushed
2 tablespoons sunflower oil
4 x 175g boneless fish fillets
1 large carrot, halved lengthways, thinly sliced
200g baby green beans, ends trimmed
1 red capsicum, chopped
1 bunch baby bok choy, base trimmed, leaves halved lengthways
1 tablespoon sesame seeds, toasted
250g pouch microwaveable brown rice

METHOD

Combine soy sauce, honey, ginger and garlic in a small bowl.

Heat 1 tablespoon oil in a large, non-stick frying pan over a medium-high heat. Add fish. Cook for about 3 minutes on each side, or until fish is lightly browned and just cooked through (flesh should flake easily when tested with a fork).

Drizzle sauce mixture evenly over fish in pan. Simmer 1-2 minutes until sauce thickens to form a glaze.

Meanwhile, heat remaining oil in a large wok. Add carrot. Stir-fry 2 minutes. Add beans and capsicum. Stir-fry a further 2 minutes. Add bok choy. Continue stir-frying until leaves are just wilted.

Heat rice in microwave as directed on packaging.

Divide stir-fry vegetables, rice and fish evenly between 4 serving plates. Sprinkle with sesame seeds.

Tips: Any boneless white fish fillets (with or without skin) would be suitable for this recipe. Cooking time will vary depending on thickness of fish fillets. For a change, replace fish with 4 x 175g chicken breast steaks. Brown rice can be swapped with any wholegrain rice blend. To toast sesame seeds, stir in a small, dry frying pan over a medium heat until golden.



FISH FINGERS WITH SWEET POTATO WEDGES

 4 SERVES  25 MINS  30 MINS

INGREDIENTS

600g skinless, boneless, thick white fillets

1 large (650g) sweet potato, skin scrubbed, cut into 3cm thick wedges

Olive oil cooking spray

1 cup cooked quinoa, cooled (see Tips)

½ cup panko breadcrumbs

1 tablespoon sesame seeds, toasted

2 teaspoons sweet paprika

2 eggs

2 tablespoons plain flour

60g mixed baby salad leaves and lemon wedges, to serve

TARTARE SAUCE

½ cup reduced fat Greek yoghurt

1 green shallot, finely chopped

2 small whole gherkins, drained, finely chopped

1 tablespoon chopped fresh parsley

1 tablespoon lemon juice

METHOD

Preheat the oven to 220°C (fan-forced).

Cut fish into strips, about 2cm wide x 8cm in length. Place in a large bowl.

Arrange sweet potato wedges over base of a large, baking paper-lined roasting pan. Spray evenly with cooking oil spray. Bake in a 220°C oven (fan-forced) for about 30 minutes or until browned and tender, turning halfway during cooking time.

Meanwhile, prepare fish fingers. Combine quinoa, breadcrumbs, sesame seeds and paprika in a large, shallow dish. Lightly beat eggs in a shallow bowl.

Sprinkle fish strips with flour and toss to coat. Dip strips, one at a time, in beaten egg, then toss in quinoa mixture, pressing on firmly. Place on a large, baking paper-lined oven tray. Spray evenly with cooking oil.

Cook fish in same 220°C oven, on shelf above potato wedges, for about 15 minutes, or until coating is golden and fish flakes easily when tested with a fork.

To make tartare sauce, combine all ingredients in a small bowl.

Serve fish and wedges with salad leaves and tartare sauce. Garnish with lemon.

Tips: For 1 cup cooked quinoa, rinse 1/3 cup raw quinoa in a sieve under cold running water. Transfer to a small saucepan. Add 2/3 cup water. Bring to the boil. Reduce heat, simmer covered, for about 15 minutes, or until water has been absorbed. Transfer to a bowl to cool. Fish can be crumbed several hours ahead. Keep, covered on prepared tray in fridge. Uncover and cook as required.



VIETNAMESE FISH CAKES WITH VERMICELLI SALAD

 **4 SERVES** (1 SERVE = 3 FISH CAKES)  **25 MINS**  **10 MINS**

INGREDIENTS

1 bunch fresh coriander, roots trimmed, rinsed well
600g skinless and boneless white fish fillets, chopped
1 tablespoon red curry paste
1 teaspoon finely grated lime rind
1 egg
¼ cup rice flour
1 ½ tablespoons sunflower oil
Lime wedges, to serve

VERMICELLI SALAD

125g rice vermicelli
1 carrot, peeled, shredded
1 Lebanese cucumber, halved lengthways, thinly sliced
150g snow peas, finely shredded
3 green shallots, thinly sliced
1 tablespoon lime juice
1 tablespoon chilli jam
2 ½ teaspoons reduced salt soy sauce
¼ cup unsalted, roasted peanuts, roughly chopped

METHOD

Cut stems from coriander. Reserve leafy tops for salad.

Finely chop coriander stems and place in food processor with fish, curry paste and rind. Process to form a coarse paste. Add egg and flour. Pulse briefly to combine.

Transfer mixture to a large bowl. Flatten surface. Mark into 12 even portions. Shape each portion into a 7cm cake. Place on a baking paper-lined tray.

Heat half the oil in a medium, non-stick frying pan over a medium-high heat. Add 6 fish cakes. Cook for about 3 minutes on each side, or until golden and cooked through. Transfer to a large plate. Cover with foil to keep warm. Repeat step with remaining oil and fish cakes.

To make salad, place vermicelli in a heatproof bowl. Cover with boiling water. Stand for 3 minutes, stirring to separate strands. Drain. Rinse under cold water. Drain again. Transfer to a large bowl. Add carrot, cucumber, snow peas, shallots, reserved coriander leaves and combined lime juice, chilli jam and soy sauce. Toss until well combined. Sprinkle with peanuts.

Serve fish cakes with salad and lime wedges.

Tips: Vermicelli salad and fish cakes can be prepared several hours ahead. Keep salad covered in the fridge. Place fish cakes on baking-paper lined tray and keep covered in fridge. Cook as required. Use any firm, skinless, boneless white fish fillets eg dory, ling or blue-eye cod.





Looking for more tasty heart-healthy recipes?

Check out our full range of delicious recipes at
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