

Arlene Normand Recipe Guide



Welcome to my recipe guide. This guide provides you with a wonderful array of **FISH RECIPES**. They are delicious and I hope you enjoy them.

All my best

Arlene

Arlene Normand

Arlene Normand

Recipe Guide



Almond and dill crusted fish

Ingredients (serves 4)

1 serve = 1 protein

100g blanched almonds
1 teaspoon finely grated lime rind
1 1/2 tablespoons finely chopped dill
20g softened butter
Salt and cracked black pepper
4 (about 180g each) firm white fish fillets

Method

Preheat oven to 200°C. Place the almonds in a food processor and process until finely chopped (a little rougher than the texture of almond meal). Transfer to a clean bowl and add the lime rind, dill, butter, salt and cracked black pepper, mixing with your fingers until crumbly and just combined.

Place the fish on a baking tray lined with non-stick baking paper. Top with the almond mixture, pressing to help the mixture stick to the fish. Bake for 12-15 minutes or until golden and cooked through. Serve with salad leaves and lime wedges.

Notes

We used blue eye cod for this recipe, but any firm white fish such as barramundi, ling or perch can be used.

Asian braised fish with bok choy

Ingredients (serves 4)

1 serve = 1 protein

1 cup fish or vegetable stock	1/2 cup fresh orange juice
1 small red chilli, deseeded, chopped	1/4 cup dark soy sauce
1 tablespoon rice wine vinegar	1 tablespoon honey
1 star anise	4 x 150g blue-eye fillets
6 small bok choy, halved lengthways	coriander leaves, to serve
steamed jasmine rice, to serve	

Method

Preheat oven to 160°C. Combine stock, orange juice, chilli, soy sauce, rice wine vinegar, honey and star anise in a shallow frying pan over medium-high heat. Bring to the boil.

Add fish to frying pan. Reduce heat to low. Cover and cook for 5 minutes. Remove fish to a baking tray. Cover and keep warm in oven. Increase stovetop heat to medium-high. Simmer orange juice mixture for 5 minutes, or until slightly thickened.

Arlene Normand

Recipe Guide



Meanwhile, steam bok choy over a saucepan of boiling water for 2 to 3 minutes, or until tender.

Divide bok choy between serving plates. Top with fish and spoon over pan juices. Sprinkle with coriander leaves and serve with rice.

Atlantic Salmon with Herb Crumble

2 x 150g Atlantic salmon fillets 1/3 cup stale white breadcrumbs
1 Tblsp lemon juice 1 Tblsp finely chopped fresh parsley
1 Tblsp finely chopped fresh chives 1 clove garlic crushed

Cook fish, skin side up, under hot grill for 5 minutes, turn. Sprinkle with combined breadcrumbs, juice, herbs and garlic; cook for about 5 minutes or until cooked through and lightly browned. Serve with tossed salad if desired.

Serves 2 1 serve = 1 protein

Baked fish with tomatoes, olives and capers

Ingredients (serves 4) 1 serve = 1 protein, 2 tsp fat
4 x 175g ling fillets (or other firm skinless white fish such as blue-eye or snapper), skin removed
250g cherry tomatoes, halved 100g pitted kalamata olives
2 tbs capers, rinsed, drained 4 thyme sprigs
2 tbs extra virgin olive oil 1-2 tbs balsamic vinegar
2 cups mixed salad leaves, to serve

Method

Preheat the oven to 200°C. Place the fish in a roasting pan, scatter with the tomatoes, olives, capers and thyme sprigs, then drizzle with the olive oil. Season with sea salt and pepper, then bake for 15 minutes. Remove pan from oven, cover with foil and leave to rest for 5 minutes.

Divide the fish, tomatoes and olives among 4 warmed plates. Stir the vinegar into the pan juices and spoon over the fish. Serve with salad leaves.

Baked fish with sticky sauce

Ingredients (serves 6) 1 serve = 1 protein

Arlene Normand Recipe Guide



1 large (about 1 1/2kg) whole fish (such as snapper or ocean trout)
80ml (1/3 cup) vegetable oil
2 tbs sesame seeds
2 garlic cloves, sliced
1 small piece fresh ginger, peeled, cut into thin strips
2 long red chillies, seeded, thinly sliced
3/4 cup grated palm sugar*
120ml (6 tbs) fish sauce
4 tbs tamarind concentrate*
100ml (5 tbs) lime juice
1 cup Thai basil leaves
2 tbs fried Asian shallots*
Fresh coriander leaves, to garnish

Method

Preheat the oven to 190°C.

Make 3 deep slashes in one side of the fish, brush with oil and sprinkle with sesame seeds. Place in a greased baking dish and bake for 25 minutes.

Heat 1 tablespoon of the oil in a wok over high heat. Add garlic and cook until golden (don't burn or it will taste bitter). Transfer to paper towel to drain. Add ginger and chilli to wok and stir-fry for 1 minute, then add sugar, fish sauce, tamarind and lime juice. Cook for 1-2 minutes until syrupy. Transfer to a jug and set aside. Clean and dry wok. Add remaining oil over high heat. When hot, add Thai basil (ensure basil is completely dry) and fry for 1-2 minutes until crisp.

To serve, place fish on a platter, pour sauce over and garnish with garlic, basil, shallots and coriander.

Notes

* Available at Asian supermarkets.

BAKED FISH CUTLETS

1 onion, sliced
2 sticks celery, sliced
1 carrot, thinly sliced
2 medium potatoes, peeled, thinly sliced
1 x 415ml can tomato puree

Arlene Normand

Recipe Guide



salt and pepper to taste

4 x 150g fish cutlets

2 tablespoons finely grated parmesan cheese

1. Place onion, celery, carrot in a baking dish. Arrange potatoes in a single layer over onion mixture. Pour puree over top; season with salt and pepper.

2. Place fish cutlets in baking dish; turn to coat in tomato mixture. Cover with foil.

3. Cook in a moderate oven, 180oC, for about 30 minutes. Remove foil; sprinkle with cheese. Cook, uncovered, for a further 5 minutes.

Serves 4

1 serve = 1 protein, 1 carbohydrate

Baked fish with roast onion & tomato

Ingredients (serves 4)

1 serve = 1 protein

2 x 240g punnets cherry tomatoes

2 large red onions, cut into thin wedges

2 tbs olive oil

4 (about 150g each) white fish fillets

80g (1/3 cup) bought basil pesto

Method

Preheat oven to 210°C. Line 2 roasting pans with non-stick baking paper.

Place tomatoes, onion and 1 1/2 tablespoons of oil in 1 pan. Toss to coat.

Roast in oven for 20 minutes.

Place the fish in the remaining pan. Drizzle over the remaining oil and season with salt and pepper.

Add the fish to oven and cook with vegetables for a further 8-10 minutes or until the fish flakes easily when tested with a fork.

Divide the tomato mixture and fish among serving plates. Top the fish with a dollop of pesto.

Baked salmon with lemon, thyme and asparagus

Ingredients (serves 4)

1 serve = 1 protein

4 x 150g skinless salmon fillets

1/4 cup (60ml) extra virgin olive oil

1 lemon, thinly sliced

4 fresh thyme sprigs

2 tsp Dijon mustard

1 tbs white wine vinegar

Arlene Normand

Recipe Guide



3 tsp chopped fresh tarragon
2 bunches asparagus, trimmed

1/2 tsp caster sugar

Method

Heat oven to 220°C. Lay four 30cm squares of baking paper on 2 baking trays. Place a salmon fillet on each, then top with lemon slices and a thyme sprig. Drizzle with 1 tsp oil and season. Fold the edges of the paper together to form well-sealed parcels. Bake for 15 minutes until cooked through.

Meanwhile, whisk the mustard, vinegar, tarragon, sugar and remaining oil in a jug. Season, then set the dressing aside.

Blanch the asparagus in a pan of lightly salted boiling water for 2 minutes until just tender. Drain well, then keep warm.

Arrange the salmon and blanched asparagus on plates, drizzle with the tarragon dressing and serve.

BAKED GREEK FISH

4 x 150g thick firm fish fillets
1 tablespoon basil pesto
3 small tomatoes, seeded, finely chopped
1 small red onion, finely chopped
1 tablespoon chopped capers
2 teaspoons grated lemon rind
1/4 cup low-fat plain yoghurt
salt and a pepper to taste

1. Arrange fish in a single layer in an ovenproof dish.
2. Spread pesto over fish; sprinkle with tomatoes, onion, capers and rind.
3. Drizzle yoghurt over fish; season with salt and pepper.
4. Cook, uncovered, in a moderate oven, 180°C, for about 25 minutes or until fish is cooked through.

Serves 4 1 serve = 1 protein

Baked Trout with Onion and Artichokes

2 rainbow trout
6 artichoke hearts, drained, halve
1 small red Spanish onion, sliced
1/2 teaspoon fresh coriander chopped
1/2 teaspoon chopped fresh dill
1 tablespoon lemon juice

Arlene Normand

Recipe Guide



10 grams butter chopped
¼ teaspoon ground black peppercorns

Place each fish in centre of piece of greased foil. Sprinkle fish with remaining ingredients. Fold foil around fish to form parcels, seal edges firmly; place parcels on oven tray. Bake in moderate oven about 30 minutes or until fish are tender.

Serves 2 1 serve = 1 protein

Barbecued fish burgers

Ingredients (serves 4) **1 serve = 1 protein, 2 carbohydrates**

2 tablespoons lemon pepper seasoning
4 x 150g snapper fillets
olive oil cooking spray
4 wholegrain rolls, halved
4 oak leaf lettuce leaves
1 Lebanese cucumber, sliced into ribbons
1 carrot, peeled, sliced into ribbons
1/3 cup lemon tartare sauce
lemon wedges, to serve

Method

Heat barbecue plate and grill on medium-high heat. Sprinkle lemon pepper over fish. Spray lightly with oil. Barbecue fish for 3 to 4 minutes each side, turning carefully with a spatula, or until just cooked through. Spray rolls lightly with oil. Chargrill, cut-side down, for 1 minute. Divide lettuce between roll bases. Top with fish, cucumber, carrot, tartare sauce and bread roll tops.
Serve with fish burgers and lemon wedges.

Barbecued fish parcels

Ingredients (serves 4) **1 serve = 1 protein, 1 carbohydrate**

600g kipfler potatoes, scrubbed removed	4 x 200g perch fillets, skin
250g cherry tomatoes, halved	1/2 cup kalamata olives, pitted
1/2 cup basil leaves, chopped	olive oil cooking spray

Arlene Normand

Recipe Guide



150g packet mixed salad greens

lemon wedges, to serve

Method

Bring a large saucepan of salted water to the boil over high heat. Add potatoes. Cook for 15 to 20 minutes or until just tender. Drain. Set aside to cool slightly. Cut potato in half lengthways.

Preheat a barbecue plate on high heat. Cut four 50cm pieces of foil.

Arrange potato slices over 1 half of each piece of foil. Top each with 1 piece fish. Combine tomatoes, olives and basil in a bowl. Spoon over fish. Spray lightly with oil.

Fold foil over to enclose fish. Fold up edges to seal. Place parcels, potato side down, on barbecue plate. Cook for 10 to 12 minutes or until fish is just cooked through.

Place salad greens on plates. Carefully open parcels. Spoon potato, fish, tomatoes and olives onto plates. Serve with lemon wedges.

Barramundi steamed on sweet potato

Serves 2

1 serving = 1 protein, 1

carbohydrate

200g sweet potato (kumara), thinly sliced

2 x 200g barramundi fillets, skin removed and trimmed

50g snow peas (mange tout)

lime dressing

¼ cup chopped green onions (scallions)

2 tablespoons chopped coriander (cilantro) leaves

⅓ cup (80ml) lime juice

1 tablespoon white sugar

sea salt and cracked black pepper

To make the lime dressing, place the green onion, coriander, lime juice, sugar, salt and pepper in a small bowl and whisk well to combine. Set aside.

Place a large saucepan half-filled with water over high heat and bring to the boil. Line a large (or 2 small) steamer with non-stick baking paper.

Place the sweet potato in the steamer, top with the barramundi and cover with a tight-fitting lid. Place the steamer on top of the saucepan and steam for 5–6 minutes. Add the snow peas and steam for a further 2 minutes or until the barramundi is cooked through. Spoon over the lime dressing to serve.

Arlene Normand

Recipe Guide



Barbecued salmon with fennel, orange and chickpeas

Ingredients (serves 4)

1 serve = 1 protein, 1

carbohydrate

2 oranges, peeled
sliced

1 fennel bulb, trimmed, very thinly

400g can Chickpeas, rinsed, drained

1/2 red onion, thinly sliced

1/3 cup fresh continental parsley leaves

2 tbs chopped fresh dill

1 large (about 375g) skinless salmon fillet, pin boned (see tip)

Olive oil spray

50g baby rocket leaves

Lemon wedges, to serve

Method

Holding 1 orange over a large bowl to catch any juice, use a sharp knife to cut along either side of the white membrane to remove the segments. Add to the bowl. Use your hands to squeeze the juice from the remaining flesh. Repeat with remaining orange.

Add the fennel, chickpeas, onion, parsley and dill to the bowl. Season with pepper. Toss to combine.

Preheat a barbecue flat plate or chargrill on high. Cut salmon lengthways into 8 slices. Spray lightly with olive oil spray and season with pepper. Cook on barbecue for 1 minute each side for medium or until cooked to your liking. Flake into bite-sized pieces. Add salmon and rocket to the orange mixture and toss to combine. Divide among serving dishes and serve with lemon wedges.

Notes

Variation: Lamb with orange, avocado & chickpeas: Omit the fennel and onion. Replace the salmon with 2 lamb eye of loin (backstraps). Add 1 avocado, halved, stone removed, peeled, coarsely chopped, to the salad. Cook lamb for 3-4 minutes each side for medium or until cooked to your liking. Set aside for 3 minutes to rest. Slice. To pin bone salmon, gently run your fingers over the fillet to locate the bones, then use tweezers to pull them out.

Blue-eye with orange and olive salsa

Ingredients (serves 4)

1 serve = 1 protein

Arlene Normand

Recipe Guide



2 oranges
2 large tomatoes, seeds removed, diced
black olives, chopped
1 tbs extra virgin olive oil
4 x 175g skinless blue-eye fillets (or other firm white fish)
Olive oil spray

1 garlic clove, crushed
1/2 cup (50g) pitted
2 tbs small basil leaves

Method

Peel and segment oranges, holding them over a bowl to catch the juices. Halve the orange segments and place in a separate bowl with 2 tablespoons of the juice. Add the garlic, tomatoes, olives, oil and basil leaves. Gently toss to combine, then season with sea salt and freshly ground black pepper. Set the salad aside while you cook the fish. Heat a frypan over medium-high heat. Season fish with salt and freshly ground black pepper, then spray with oil. Cook for 2 minutes each side or until cooked through. Divide the fish among plates and serve topped with the salsa.

Chargrilled tuna, beans and potatoes with summer herb dressing

Ingredients

12 (about 600g) evenly sized chat (small coliban) potatoes
300g green beans, topped
4 (about 200g each) tuna steaks
Extra virgin olive oil, to brush
Salt & freshly ground black pepper
50g baby spinach, stems trimmed
30g snowpea sprouts, ends trimmed
120g kalamata olives
summer herb dressing
140ml extra virgin olive oil
100ml fresh lemon juice
2 anchovy fillets, finely chopped
2 small garlic cloves, crushed
1 cup firmly packed fresh continental parsley leaves, finely chopped
3/4 cup firmly packed fresh basil leaves, finely chopped
4 green shallots, thinly sliced

Method

Step 1

Arlene Normand

Recipe Guide



Place the potatoes in a medium saucepan and cover with cold water. Bring to the boil over high heat. Boil, uncovered, for 15 minutes or until just tender when tested with a skewer.

Step 2

Meanwhile, to make the summer herb dressing place the oil, lemon juice, anchovies and garlic in a medium bowl, and use a fork to whisk until well combined and mixture thickens slightly. Add the parsley, basil and green shallots, and stir to combine. Set aside.

Step 3

Cook the beans in a saucepan of boiling water for 2-3 minutes or until bright green and tender crisp. Drain and refresh briefly under cold running water. Drain and set aside.

Step 4

Drain potatoes well, transfer to a medium bowl and set aside for 5 minutes to cool slightly. When cool enough to handle, cut in half. Add 60ml (1/4 cup) of the dressing and toss gently to combine. Set aside.

Step 5

Preheat barbecue grill or chargrill on medium-high. Brush 1 side of each tuna steak with a little oil and season with salt and pepper. Cook, seasoned-side down, on the barbecue or chargrill for 2 minutes. Brush the uncooked side with a little oil, and season with salt and pepper. Turn the tuna steaks over and cook for a further 2 minutes for medium or until cooked to your liking.

Step 6

To serve, arrange spinach, snowpea sprouts, beans, potatoes and olives on plates. Top with tuna steaks and spoon over half remaining dressing. Serve immediately with remaining dressing passed separately.

Char grilled tuna with mixed vegetable stir-fry

1/4 cup sweet chilli sauce	1/4 cup limejuice
1 tablespoon finely chopped fresh coriander	6 x 150 grams tuna steaks
2 tablespoons finely grated lime rind chopped finely	1 red Thai chilli, seeded,
1 clove garlic, crushed	2 medium zucchini
2 medium carrots thinly	2 medium red capsicums, sliced

Arlene Normand

Recipe Guide



1 medium yellow capsicum, sliced thinly
sliced thinly

1 small red onion,

Combine chilli sauce, 2 teaspoons of the juice and coriander in small bowl.

Combine remaining juice in large bowl with tuna, rind, Thai chilli and garlic. Cover, refrigerate, 1 hour.

Meanwhile cut zucchini and carrots into very thin slices, cut slices into matchstick-sized pieces.

Drain tuna; cook, in batches, on heated lightly oiled grill plate or bbq until browned both sides and cooked as desired.

Meanwhile, heat oiled wok or large non-stick frying pan; cook 1 tablespoon of the chilli sauce mixture, zucchini, carrot, capsicums and onion, in batches, until vegetables are just tender.

Serve tuna on vegetables; drizzle with remaining chilli sauce mixture.

Serves 6

1 serve = 1 protein

CHILLI STEAMED FISH

4 x 150g white fish fillets

1 tablespoon grated fresh ginger

1 tablespoon oyster sauce

2 tablespoons soy sauce

2 tablespoons sweet chilli sauce

4 spring onions, thinly sliced

2 tablespoons finely chopped fresh parsley

1. Place each fillet on a large sheet of foil. Combine ginger, sauces and spring onions in a jug; drizzle over fillets.

2. Seal foil lightly to enclose fish. Place parcels, side-by-side in a large baking dish.

3. Cook in a moderately hot oven, 190oC, for about 25 minutes, or until the fish is cooked through.

4. Serve fish drizzled with some of the juices; sprinkle with parsley.

Serves 4

1 serve = 1 protein

Chinese-style snapper

Arlene Normand

Recipe Guide



Ingredients

Serves 6 1 serve = 1

protein

- 1.8kg whole snapper, scaled, gutted
- 3 garlic cloves, finely chopped
- 7.5cm-piece fresh ginger, peeled, finely shredded
- 60ml (1/4 cup) soy sauce
- 60ml (1/4 cup) chicken stock
- 2 tbs Chinese rice wine or dry sherry
- 3 tsp sesame oil
- 2 tbs peanut oil
- 6 shallots, ends trimmed, cut into 10cm lengths, finely shredded
- 1/2 cup fresh coriander leaves

Method

Step 1

Preheat oven to 220°C. Line a roasting pan with foil, then with non-stick baking paper.

Step 2

Wash the snapper under cold running water. Pat dry with paper towel inside and out. Cut 3 slashes, about 1cm deep, in the thickest part of snapper on both sides. Place in the lined pan.

Step 3

Spread garlic and ginger over the snapper. Combine soy sauce, chicken stock, Chinese rice wine or dry sherry and sesame oil in a jug. Pour over the snapper. Cover the pan tightly with foil. Bake for 45-50 minutes or until snapper flakes easily when tested with a fork. Transfer to a warmed heatproof platter, reserving juices.

Step 4

Heat peanut oil in saucepan over medium heat until just smoking. Pour over snapper. Pour over the reserved juices. Top with shallot and coriander to serve.

Crispy-skinned salmon

Ingredients

Serves 4 1 serve = 1 protein

- 4 (200g each) salmon fillets, skin on
- 2 tablespoons olive oil
- 1 teaspoon sea salt
- Steamed chat potatoes and salad leaves, to serve

Arlene Normand

Recipe Guide



Method

Step 1

Place salmon, skin side up, on a plate. Drizzle with oil. Rub salt into skin.

Step 2

Heat a large, non-stick frying pan over medium-high heat. Add salmon, skin side down. Cook for 4 to 5 minutes or until skin is crisp. Turn. Cook, covered for 4 to 5 minutes for medium or until cooked to your liking.

Step 3

Serve with potatoes and salad leaves.

Crispy-skinned barramundi with garlic and herb oil

The extra virgin olive oil lends a fresh and distinctive flavour to this main meal of barramundi and roast vegetables.

Ingredients

Serves 4

- 1 bunch broccolini, trimmed, halved crossways
- 400g tomato medley mix
- 200g green beans, trimmed
- ½ cup Australian extra virgin olive oil
- 4 (150g each) boneless barramundi fillets with skin on, skin scored
- 2 garlic cloves, thinly sliced
- 2 tablespoons finely chopped fresh chives
- 2 tablespoons finely chopped fresh flat-leaf parsley leaves
- 1 small lemon, rind zested into fine strips, juiced

Method

Step 1

Preheat oven to 220C/200C fan-forced. Line a large baking tray with baking paper.

Step 2

Place vegetables on prepared tray. Drizzle with 1 tablespoon oil. Season with salt and pepper. Toss to coat. Bake for 12 minutes.

Step 3

Meanwhile, heat a large non-stick frying pan over high heat. Add fish, skin-side down. Cook for 2 minutes or until skin is very crispy around edges and centre is just starting to crisp. Place fish, skin-side up, on top of vegetables on tray. Bake for 4 minutes or until fish is just cooked through and vegetables are tender.

Arlene Normand

Recipe Guide



Step 4

Heat remaining oil in a small saucepan over medium heat. Add garlic. Cook, stirring, for 1 minute or until fragrant (do not brown). Add chives and parsley. Cook for 1 minute. Remove pan from heat. Add lemon zest and juice. Season with salt and pepper.

Step 5

Serve barramundi and vegetables drizzled with warm garlic and herb oil.

Crisp lemon fish

Packed with protein, this recipe for crisp lemon fish makes a quick, low-fat, not to mention easy, family meal. Serves 4 1 serve = 1 protein

Ingredients

1/3 cup flat-leaf parsley leaves
1 cup fine semolina
2 large lemons, rind finely grated
800g flathead fillets, skin removed
1 red onion, halved, sliced
olive oil cooking spray
4 tomatoes, cut into 1cm cubes
1 tablespoon balsamic vinegar
lemon wedges, to serve

Method

Step 1

Preheat a barbecue plate on medium heat. Finely chop 1 tablespoon parsley leaves. Combine chopped parsley, semolina and 1 tablespoon lemon rind in a shallow dish. Coat each fish fillet in semolina mixture.

Step 2

Place onion in a microwave-safe bowl. Microwave, uncovered, on HIGH (100%) for 1 to 1 1/2 minutes or until soft. Lightly spray onions with oil. Spoon onto barbecue plate and cook for 4 to 5 minutes or until light golden. Transfer to a bowl.

Step 3

Arlene Normand

Recipe Guide



Lightly spray both sides of fish fillets with oil. Cook on barbecue plate for 3 to 5 minutes each side or until golden and cooked through.

Step 4

Add tomatoes and remaining parsley leaves to onion. Drizzle with vinegar and season with salt and pepper. Toss to combine. Place fish on plates. Serve with tomato salad and lemon.

Easy Salsa Fish Fillets

4 whitefish fillets (approx. 600 grams) **Salt and pepper to taste**
½ cup bottled salsa (mild or medium) **½ cup low-fat grated**
cheese

Preheat oven to 180 degrees centigrade.

Arrange fish in a single layer on a sprayed foil-lined baking pan.

Season with salt and pepper.

Top each fillet with 2 tablespoons of salsa; sprinkle with cheese.

Bake uncovered for approximately 25 minutes until golden. Fish should flake easily when tested with a fork

Serves 4 1 serve = 1 protein

Fast Asian fish

Ingredients (serves 4) 1 serve = 1 protein

4 x 120g skinless salmon or ocean trout fillets

1/3 cup (80ml) light soy sauce

2cm piece ginger, very finely shredded

1/3 cup (80ml) sweet chilli sauce

Steamed rice, to serve

4 spring onions, thinly sliced on the diagonal

Method

Preheat the oven to 200°C. Place fish in a shallow baking dish. Combine soy, ginger and sweet chilli sauce, then pour over fish.

Cover with foil and bake for 8 minutes, or until just cooked through.

Serve fish on rice, drizzled with sauce and garnished with spring onion.

Arlene Normand

Recipe Guide



Fish with herbed chickpea puree

Ingredients (serves 4) **1 serve = 1 protein, 1 carbohydrate**
1 tablespoon olive oil 1 brown onion, finely chopped
1 garlic clove, crushed 1 1/2 teaspoons ground cumin
1 cup reduced-salt chicken stock 2 x 420g cans chickpeas, drained,
rinsed
1 tablespoon lemon juice 1/2 cup parsley, roughly chopped
4 pieces fish fillets (such as mullet, redfish or silver trevally)
2 cups baby spinach 2 tomatoes, chopped

Method

Heat a saucepan over medium heat until hot. Add 2 teaspoons of oil, onion, garlic and cumin. Cook, stirring, for 3 to 5 minutes or until soft. Add stock and chickpeas. Bring to the boil. Reduce heat to low. Simmer for 10 minutes. Remove from heat. Stir in lemon juice. Process or blend until smooth. Stir in parsley, and pepper.

Meanwhile, heat a non-stick frying pan or chargrill over medium heat. Brush fish with remaining 2 teaspoons of oil. Season lightly with pepper. Cook for 3 to 5 minutes each side or until just cooked through. Spoon warm chickpea puree onto 4 serving plates. Top with baby spinach, fish and chopped tomatoes. Serve.

FISH WITH HERB CRUMBLE

4 x 150g white fish fillets 1 cup stale wholemeal
breadcrumbs
2 tablespoons lemon juice 2 tablespoons chopped fresh
parsley
2 tablespoons chilled fresh chives 1 tablespoon grated
parmesan cheese
salt and pepper to taste cooking oil spray

1. Remove skin and bones from fish. Place fish on a lightly oiled oven tray. Cook under a hot grill for a 5 minutes.
2. Turn fish over; sprinkle with combined breadcrumbs, juice, herbs, cheese and salt and pepper. Lightly spray with cooking oil.
3. Return fish to grill; cook for about 5 minutes or until lightly browned.

Serves 4 1 serve = 1 protein

Fish with summer vegetables

Ingredients (serves 4) **1 serve = 1 protein**

Arlene Normand

Recipe Guide



2 teaspoons olive oil
2 garlic cloves, crushed
1 red capsicum, chopped
3 Roma tomatoes, chopped
1/4 cup chopped basil leaves
note)
olive oil cooking spray
crusty bread, to serve

1 onion, chopped
2 zucchini, chopped
1 eggplant, chopped
1/4 teaspoon caster sugar
4 (600g) white fish fillets (see
lemon wedges, to serve

Method

Heat oil in a large saucepan over medium heat. Add onion and garlic. Cook for 3 minutes, or until soft. Add zucchini, capsicum, eggplant, tomatoes and sugar. Stir to combine. Cover and cook for 20 minutes, or until tender.

Stir through basil. Season with salt and pepper.

Heat a large non-stick frying pan over high heat. Spray both sides of fish with oil. Cook for 3 minutes each side, or until light golden and cooked through.

Place vegetables onto serving plates. Top with fish. Serve with lemon wedges and crusty bread.

Notes

Note: Perch, barramundi or ling are all great white-fleshed fish suitable for pan frying.

FISH FILLETS WITH TABBOULI SALSA

Cooking oil spray

1 clove garlic, crushed
2 tablespoons lemon juice
4 x 150g fish fillets

TABBOULI SALSA

1 Lebanese cucumber, peeled, finely chopped
2 spring onions, finely sliced
2 small tomatoes, finely chopped
1 cup chopped Continental parsley
1 tablespoon lemon juice
1 tablespoon extra virgin oil
1/2 teaspoon caster sugar
salt and pepper to taste

Arlene Normand

Recipe Guide



1. Tabbouli Salsa. Combine all ingredients in a small bowl; mix well.
2. Spray a large non-stick pan with oil. Add garlic, juice and fish, in a single layer; cook, on both sides, until browned and cooked through.
3. Serve fish with Tabbouli Salsa.

Serves 4

1 serve = 1 protein

FISH FILLETS WITH BASIL SAUCE

1/2 teaspoon paprika

1/2 teaspoon ground cumin

1/4 teaspoon salt

cooking oil spray

4 x 150g boneless fish fillets

BASIL SAUCE

1/3 cup low-fat mayonnaise

1 tablespoon basil pesto

2 teaspoons lemon juice

1. Combine paprika, cumin and salt in a small bowl. Spray one side of fish fillets with cooking oil spray. Place fish on a foil-lined oven tray. Sprinkle spice mixture evenly over top.

2. **BASIL SAUCE.** Combine all ingredients in a small jug; mix well.

3. Cook fish under a hot grill until browned and cooked through.

4. Serve fish drizzled with Basil Sauce.

SERVES 4

1 serve = 1 protein, 2 tsp fat

FISH WITH LEMON HERB DIP

Cooking oil spray

4 x 150g fish fillets

LEMON AND TOMATO HERB SAUCE

1 Lebanese cucumber
diced

1 medium tomato, finely

1 x 200g tub plain low-fat yoghurt

1 clove garlic, crushed

1/2 teaspoon finely grated lemon rind

1 tablespoon lemon juice

1/2 teaspoon ground cumin
mint

2 tablespoons chopped fresh

salt and pepper to taste

1. **LEMON AND TOMATO HERB SAUCE.** Cut cucumber in half lengthways. Using a teaspoon, scoop out seeds. Cut cucumber into thin slices. Place in a bowl with tomato, yoghurt, garlic, rind, juice, cumin and mint; season with salt and pepper.

Arlene Normand

Recipe Guide



2. Heat a non-stick pan; spray with cooking oil. Add fish, cook on both sides, until browned and tender.

3. Serve fish topped with Lemon and Tomato Herb Sauce.

Serves 4

1 serve = 1 protein

Ginger and chilli steamed fish with cucumber and tatsoi salad

Ingredients

4 x 200g pieces wild barramundi, blue-eye trevalla or salmon fillets

60ml (1/4 cup) Shaoxing cooking wine (see note)

80ml (1/3 cup) light soy sauce

2 tablespoons peanut oil

2 teaspoons sesame oil

6cm piece ginger, peeled, finely shredded

2 spring onions, finely shredded

Cucumber and tatsoi salad

1 Lebanese cucumber, peeled, finely shredded

50g small tatsoi leaves e) or baby spinach

1/2 celery heart, thinly sliced

1/4 (200g) small iceberg lettuce, very finely shredded

1 cup bean sprouts

75g red-skinned raw peanuts, roasted

1 tablespoon lemon juice

Method

Step 1

Scrunch the sides of 4 squares of foil to form little "dishes"™ with sides to contain liquid, then place a fish fillet in each. Place dishes in a bamboo (or other) steamer over a saucepan of simmering water. Combine wine and 2 tablespoons soy sauce and pour a little over fish. Cover and cook for 6 minutes or until just cooked through.

Step 2

Meanwhile, for salad, toss all the ingredients in a bowl with remaining soy sauce and the lemon juice. Place a little salad on each plate, top with fish and spoon over a little cooking juice. Heat both oils in a small frying pan over medium heat until smoking, add ginger and spring onions, then immediately pour over fish and serve.

Serves 4

1 serve = 1 protein

Home-baked fish fingers

Makes 16

Serves 4

1 serve = 1 protein, 1 carbohydrate

Arlene Normand

Recipe Guide



Ingredients

2 cups (200g) wholemeal breadcrumbs
2 teaspoons finely grated lime rind
2 eggs, lightly beaten
500g firm white fish fillets, such as ling
olive oil spray, for cooking

Method

Preheat oven to 200°C. Place the breadcrumbs and lime rind in a bowl and mix until combined. Place the eggs in separate bowl. Cut the fish into thin strips, about 12cm long. Dip each strip into the eggs, then the breadcrumbs, pressing to coat well.

Place the fish fingers on a baking tray lined with baking paper. Spray lightly with oil spray. Bake for 15 minutes or until golden and cooked through.

Serve fish fingers with vegetable bundles (see note) and reduced-fat mayonnaise or tomato sauce.

Notes

To make the vegetable bundles, cut celery sticks into thin strips, arrange in a bundle with some blanched green beans and tie up loosely with cooking string or a long chive.

These fish fingers can be frozen after crumbing for up to two months. Thaw fully before cooking as above.

Fish, zucchini and oregano casserole

Ingredients (serves 4)

1 serve = 1 protein, 1

carbohydrate

olive oil cooking spray
sliced

1 brown onion, halved, thinly

350g orange sweet potato, peeled, cut into 2cm pieces

2 small zucchini, cut into 1cm pieces 200g broccoli, trimmed, cut into florets

1 small (250g) eggplant, diced

800g can diced tomatoes

1/3 cup fresh oregano leaves

500g white fish fillets, cut into large pieces

1 small white bread stick, sliced, toasted

Method

Heat a heavy-based saucepan over medium heat. Lightly spray with oil. Add onion and cook, stirring, for 2 minutes or until golden.

Arlene Normand

Recipe Guide



Add sweet potato. Cook, stirring, for 3 minutes. Add zucchini, broccoli, eggplant, tomatoes and 1/4 cup oregano. Bring to boil.

Reduce heat to low. Cover and cook for 8 to 10 minutes or until sweet potato is tender. Stir in fish. Simmer, uncovered, for 4 to 5 minutes or until fish is cooked through.

Sprinkle with remaining oregano.

Lemon fish with sauteed beans and tomatoes

Pick up your favourite white fish for this zesty lemon fish with sautéed beans and tomatoes – a light, healthy and delicious.

Ingredients (serves 4)

4 (150g each) white fish fillets (such as hake), skin on

1 lemon, rind finely grated, juiced

2 teaspoons olive oil

250g green beans, trimmed
halved

250g cherry tomatoes,

1 garlic clove, crushed

150g baby spinach leaves

2 tablespoons red wine vinegar

4 slices wholegrain bread, to serve

Method

Place fish in a shallow ceramic dish. Place lemon rind, 2 tablespoons lemon juice and 1 teaspoon oil in a small jug. Whisk to combine. Season with pepper. Pour lemon mixture over fish and turn to coat. Cover. Set aside for 10 minutes.

Preheat grill on medium heat. Line a grill tray with foil. Heat remaining oil in a large, non-stick frying pan over medium-high heat. Add beans to pan. Cook, tossing often, for 2 to 3 minutes or until bright green. Add tomatoes and garlic. Cook for 1 to 2 minutes or until tomatoes soften. Add spinach and vinegar. Toss until spinach just starts to wilt.

Meanwhile, place fish on grill tray. Cook for 4 to 5 minutes (depending on thickness) or until just cooked through.

Divide bean mixture among serving plates. Top with fish. Season with cracked black pepper. Serve with bread.

1 serve = 1 protein 1 carbohydrate

LEMON GINGER FISH FILLETS

1 teaspoon sesame oil

2 tablespoons finely sliced fresh ginger

Arlene Normand

Recipe Guide



6 spring onions, finely chopped

2 cloves garlic, crushed

1 tablespoon caster sugar

1/4 cup rice vinegar

1 teaspoon finely grated lime rind

2 tablespoons lime juice

2 tablespoons fish sauce

4 x 150g firm white fish fillets

1. Combine oil, ginger, spring onions, garlic, sugar, vinegar, rind, juice and sauce in a small bowl; mix well.

2. Place fillets in a single layer, in a shallow dish; pour over ginger mixture. Cover; refrigerate for 1 hour.

3. Place each fillet onto a large sheet of lightly greased foil; top with ginger mixture. Fold in edges of foil across the top to enclose fish; place on an oven tray.

4. Cook in a moderately hot oven, 190°C, for about 20 minutes or until cooked through. Serve fish drizzled with juices from parcels.

SERVES 4

1 serve = 1 protein

Low-fat fish pie

Ingredients (serves 6) 1 serve = 1 protein, 1 fat, 1 carb

40g butter, melted 1 leek, trimmed, washed, thinly sliced

2 tablespoons plain flour 350ml fish stock

2 tablespoons lemon juice 1kg thick white boneless fish, cut into 3cm pieces

9 sheets filo pastry olive oil cooking spray

Method

Preheat oven to 200°C. Grease a 5-cup capacity ovenproof dish. Cook butter and leek in a frying pan over medium heat for 3 minutes or until tender.

Sprinkle flour over leek mixture. Cook, stirring, for 2 minutes. Remove from heat. Add stock and lemon juice. Stir well. Return to heat. Cook, stirring, over medium heat for 6 minutes or until thick.

Remove from heat. Add fish, and salt and pepper. Cool completely. Place 1 sheet of filo onto a flat surface. Spray with oil. Fold in half. Place into pie dish. Repeat with 5 more sheets of filo, placing into dish so base and sides are covered.

Arlene Normand

Recipe Guide



Spoon fish mixture over filo. Cut remaining 3 sheets of filo into quarters. Scrunch each quarter into a ball. Place onto fish mixture. Spray with oil. Bake for 30 minutes or until pastry is crisp. Serve.

MARINATED FISH

4 x 150g fish fillets	1 tablespoon brown sugar
1/2 teaspoon ground ginger flakes	1/4 teaspoon dried chilli
1 clove garlic, crushed rind	2 tablespoons finely grated lemon
1/4 cup light soy sauce	1 tablespoon fish sauce

2 tablespoons shredded fresh Thai basil leaves

1. Place fish in a large, shallow dish. Combine sugar, ginger, chilli, garlic, rind and sauces in a jug. Pour over fish; turn to coat in mixture. Cover; stand 30 minutes.

2. Drain fish; reserve marinade.

3. Cook fish on a heated, oiled grill pan, brushing occasionally with marinade, until browned on both sides and cooked through.

4. Serve fish sprinkled with basil.

Serves 4 1 serve = 1 protein

Baked massaman snapper

Ingredients(serves 4 1 serve = 1 protein, 2 tsp fat)

2 tbs massaman curry paste (see note)

2 tsp peanut oil

4 x 200g pieces snapper fillet, pin-boned, skin on

300g green beans, trimmed

30g butter, chopped

250g shiitake mushrooms, quartered

2 cloves garlic, thinly sliced

1 small red capsicum, seeded, finely chopped

1 lime, juiced

1 tbs caster sugar

Greek-style yoghurt (optional), to serve

Method

Step 1

Arlene Normand

Recipe Guide



Preheat oven to 220C. Line an oven tray with baking paper. Whisk curry paste and oil in a small bowl.

Step 2

Place fish, skin-side down, on tray and brush with paste mixture. Season with salt and pepper. Bake for 15 minutes or until just cooked. Rest for 5 minutes.

Step 3

Meanwhile, blanch the beans in a saucepan of boiling salted water for 1 1/2 minutes or until slightly softened. Drain, refresh in iced water, then drain again.

Step 4

Heat butter in a large, heavy-based frying pan over high heat. Add mushrooms and garlic, then stir-fry for 3 minutes. Add beans, capsicum, lime juice and sugar, then stir-fry for a further 2 minutes or until mushrooms are tender.

Step 5

Divide stir-fry among plates and top with fish. Serve with yoghurt, if using.

Mediterranean salmon

1/4 teaspoon salt	1/4 teaspoon black pepper
4 salmon fillets	Cooking spray
2 cups cherry tomatoes, halved	1/2 cup finely chopped zucchini
2 tablespoons capers	1 tablespoon olive oil
75g sliced ripe olives	

Preheat oven to 180 degrees centigrade.

Sprinkle salt and pepper over both sides of fish.

Place fish in baking dish coated with cooking spray.

Combine tomatoes and remaining ingredients in a bowl; spoon mixture over fish.

Bake for 180 degrees centigrade for 25 minutes.

Serves 4 Serving size: 1 fillet and 1/2 cup vegetable mixture = 1 protein

Arlene Normand

Recipe Guide



Miso-glazed salmon with ginger buckwheat noodles

Ingredients (serves 4)	1 serve = 1 protein, 2 carbohydrates
100ml honey	3 tbs white miso paste (see note)
3 tsp sesame oil	1/4 cup (60ml) tamari sauce
1 tbs lime juice	2 tbs mirin
500g buckwheat noodles	1 tbs sunflower oil
4 (125g each) salmon fillets	1/2 cup thinly sliced shallots
(spring onions)	
1/2 cup chopped roasted peanuts	2 tbs pickled ginger
Mustard cress, to serve	

Method

Combine honey, miso paste and 1 teaspoon of sesame oil in a bowl. In a separate bowl, whisk together tamari, lime juice, mirin and remaining sesame oil, then set the dressing aside.

Cook noodles according to packet directions, drain and toss with dressing.

Preheat oven to 200°C. Heat sunflower oil in an ovenproof frypan over medium heat. Add salmon and fry both sides for 1 minute or until lightly golden. Brush salmon with miso mixture, then transfer pan to oven and roast for 5 minutes or until cooked through.

Toss shallots, nuts and ginger through noodles, then serve with the salmon garnished with mustard cress.

Moroccan fish fillets with couscous salad

Ingredients	Serves 4 (1 serve = 1 protein, 2 carbohydrates)
1 tablespoon Moroccan seasoning	1 teaspoon lemon pepper
4 thick white fish fillets	olive oil spray
1/2 cup freshly squeezed orange juice	

Couscous salad

rind of 1 orange, finely grated	1 tablespoon white wine vinegar
2 teaspoons olive oil	1 1/2 cups couscous
1/4 cup pine nuts, toasted	1 large mango, diced
1/2 cup mint leaves, chopped	

Instructions

1 Mix Moroccan seasoning and lemon pepper. Sprinkle 1/2 teaspoon mixed seasoning on each fish fillet. Turn fillets over and repeat.

Arlene Normand

Recipe Guide



2 Heat barbecue grill to a medium heat. Spray fillets with olive oil. Cook for 3 minutes on each side, or until cooked through. Transfer to a plate. Cover and keep warm.

3 Mix juice, rind, vinegar and oil in a jug. Prepare couscous following packet instructions.

4 Stir pine nuts, mango and mint into couscous until well-combined. Add half the juice mixture.

5 Serve couscous on 4 serving plates. Top with cooked fish fillet. Drizzle remaining juice mixture over fish and serve.

Moroccan pan-fried fish

Ingredients (serves 4)

1 bunch coriander, washed, dried, ends trimmed	3 garlic cloves, peeled
2 tsp ground cumin	Pinch of chilli powder
2 tsp finely grated lemon rind	60ml (1/4 cup) fresh lemon juice
30ml olive oil	2 tsp sweet paprika
190g (1 cup) couscous	250ml (1 cup) boiling water
50g (1/3 cup) plain flour	
4 (about 600g) firm white fish fillets (such as snapper)	
Olive oil spray	90g baby spinach leaves

Method

Place the coriander, garlic, cumin, chilli, lemon rind, lemon juice, oil and half the paprika in the bowl of a food processor and process until smooth. Place couscous in a heatproof bowl. Pour over the boiling water and set aside for 5 minutes or until liquid is absorbed. Use a fork to separate grains.

Meanwhile, combine the flour and remaining paprika on a plate. Season with salt and pepper. Add the fish and turn to coat. Shake off excess. Spray a large non-stick frying pan with olive oil spray and place over medium heat. Add the fish and cook for 3-4 minutes each side or until golden brown.

Place the spinach on a serving platter. Top with the fish and drizzle over the coriander mixture. Serve with couscous.

Arlene Normand

Recipe Guide



Ocean Trout with Baby Vegetables

8 baby beetroot
20 baby carrots
2 small zucchini, sliced
8 baby new potatoes, halved
4 baby onions
4 pieces ocean trout (approximately 150g each)

Tarragon Lemon Sauce:

20g butter or margarine
1 clove garlic, crushed
1 small onion, chopped
1 Tablespoon plain flour
 $\frac{3}{4}$ cup low-fat milk
1 Tablespoon fresh tarragon
1 teaspoon grated lemon rind
1 Tablespoon lemon juice

Heat butter in pan, add garlic and onion, cook, stirring, until onion is soft. Add flour, cook stirring, until bubbling. Remove from heat, gradually stir in milk. Stir over heat until mixture boils and thickens. Stir in Tarragon, rind and juice.

Boil, steam, or microwave unpeeled beetroot until just tender, drain.

Cool 5 minutes; peel beetroot.

Boil, steam or remaining vegetables separately until tender.

Place fish in baking tray – bake in oven for about 20 minutes or until just tender. Peel skin away from fish. Serve fish with vegetables and tarragon lemon sauce.

Serves 4

1 serve = 1 protein, 1 tsp fat

Ocean trout with orange & fennel salad

Ingredients (serves 4)
carbohydrate

1 serve = 1 protein, 1

2 oranges

1 fennel bulb

4 x 180g skinless ocean trout fillets

1 tbs olive oil

50g baby salad leaves

$\frac{1}{3}$ cup (55g) blanched

almonds, toasted

1 tbs red wine vinegar

1 tbs extra virgin olive oil

Arlene Normand

Recipe Guide



Method

Segment the oranges by cutting off the ends, skin and pith with a knife. Then, hold one orange in your hand and cut each segment away from the membrane. Repeat with the remaining orange. Do this over a bowl to reserve 2 tablespoons of the juice.

Trim and core the fennel bulb, reserving 1 tablespoon of the fronds if desired. Slice the fennel bulb thinly.

Combine the orange segments with the sliced fennel, salad leaves and almonds in a bowl. Heat the grill to high.

Mix 2 teaspoons freshly ground black pepper with 1 tablespoon sea salt. Rub the trout fillets with oil, then sprinkle with the mixed salt and pepper. Place a cooking rack into a baking tray, put fish onto the rack, then cook under the grill for 5 minutes, or until cooked as desired.

To make the salad dressing, place the red wine vinegar and extra virgin olive oil in a screwtop jar with the reserved orange juice. Shake well to combine, then toss through the orange and fennel salad.

Place the ocean trout fillets on plates, garnish with reserved fennel fronds (if using) and serve with salad.

Orange and fennel fish

Ingredients (serves 4)

1 serve = 1 protein, ½

carbohydrate

2 medium oranges

2 teaspoons fennel seeds

2 tablespoons olive oil

4 (150g each) firm white fish fillets

70g baby spinach
sliced

1 small fennel bulb, trimmed, thinly

2 tablespoons red wine vinegar

Method

Finely grate rind from oranges. Reserve oranges. Combine orange rind, fennel seeds and half the oil in a shallow glass or ceramic dish. Add fish. Turn to coat. Set aside for 10 minutes.

Heat a barbecue plate or chargrill over medium-high heat. Cook fish for 3 to 5 minutes each side or until browned and cooked through. Transfer to a plate.

Meanwhile, segment oranges over a bowl (see note). Add spinach, sliced fennel, vinegar and remaining oil. Toss to combine. Place on plates. Top with fish. Serve.

Notes

Arlene Normand

Recipe Guide



To segment oranges, remove peel and white pith. Cut down either side of membrane to release segments.

Oriental Salmon

4 Salmon fillets	2 Tablespoons teriyake sauce
1 tablespoon lemon juice	1 tablespoon brown sugar or honey
1 teaspoon fresh ginger	1 clove garlic crushed
½ teaspoon Dijon mustard	2 shallots thinly sliced

Heat oven to 180 degrees centigrade.

Place salmon in an ungreased casserole.

Combine remaining ingredients except green onions. Spread over Salmon.

Place in oven approximately 20-30 minutes, until cooked as desired (some people prefer rare others well done).

Garnish with shallots. Serve immediately.

Serves 4 1 serve = 1 protein

Poached salmon

Ingredients

1/2 cup dry white wine
2 dried bay leaves
1/2 teaspoon whole black peppercorns
1 medium lemon, thinly sliced
4 (150g each) salmon fillets, skin on
Salad leaves, to serve

Serves 4, 1 serve = 1 protein

Method

Step 1

Place wine, bay leaves, peppercorns, lemon and 2 litres cold water in a large, deep frying pan over medium heat. Bring to a gentle simmer.

Step 2

Reduce heat to low. Add salmon. Cook, covered, for 10 minutes or until just cooked through. Using a spatula, remove salmon from liquid.

Step 3

Arlene Normand

Recipe Guide



Serve with salad leaves.

Fish Fillets with Coriander Chilli Sauce

6 x 60g perch fillets 1 small onion thinly sliced
½ cup water ¼ cup dry vermouth
2 Tblsp lime juice 1 small fresh chilli, chopped finely
2 Tblsp sugar 1 tsp cornflour
½ red capsicum thinly sliced 2 green onions, cut into 5cm lengths
1 Tblsp finely chopped fresh coriander leaves
¼ cup firmly packed fresh coriander leaves, extra

Place fish in shallow ovenproof dish; top with brown onion. Pour over combined water, vermouth and 1 Tblsp of the juice; cover. Bake in moderate oven for about 15 minutes or until fish is tender.

Remove fish; keep warm. Strain and reserve liquid.

Place reserved liquid, chilli, sugar and combined cornflour and remaining juice in small saucepan.

Stir over heat until sugar dissolves. Bring to boil; simmer until mixture thickens. Stir in chopped coriander. Arrange fish, capsicum, green onion and coriander leaves on serving plate; drizzle with sauce.

Serves 2 1 serve = 1 protein

GRILLED FISH WITH TOMATO SALSA

2 teaspoons oil 4 x 150g white fish fillets

100g mixed baby salad leaves

TOMATO SALSA

1 small red onion, finely chopped 2 tomatoes, seeded, finely chopped

1/3 cup pitted green olives, chopped 3 anchovy fillets, chopped

1 tablespoon lemon juice 2 tablespoons chopped

fresh basil

salt and pepper to taste

1. **TOMATO SALSA.** Combine all ingredients in a bowl; mix well.

2. **Brush oil over a heated, grill pan; add fish fillets, cook for a few minutes on each side, or until cooked through.**

3. **Serve fillets on salad leaves with Tomato Salsa.**

Arlene Normand

Recipe Guide



SERVES 4

1 serve = 1 protein

Grilled fish and lemon with olive salad

Try this fish with your favourite green salad and new potatoes or chunky fresh bread.

Ingredients

100g marinated chargrilled capsicum (not in oil), thinly sliced
1/3 bunch flat leaf parsley, chopped 1/2 cup pimento-stuffed green olives, sliced
1 cup baby rocket leaves, chopped 2 tablespoons capers, drained and chopped
4 firm white fish fillets (approx 120g each), such as gurnard or ling
2 lemons, cut into wedges cooking oil spray
1/3 cup sun-dried tomato pesto 2 teaspoons olive oil
1 tablespoon red wine vinegar

Instructions

Combine the capsicum, parsley, olives, rocket and capers in a large bowl and set aside.

Heat a chargrill pan (heavy pan with raised grill lines) over medium-high heat. Spray the fish and lemon with cooking oil spray. Place the fish into the pan and cook for 2 minutes. Turn and brush the top with pesto. Add the lemon wedges to the pan and cook for a further 2-3 minutes, or until fish is brown and cooked through and the lemon wedges are golden.

Drizzle the salad with oil and vinegar and gently toss. Divide the salad among serving plates, top with fish and lemon wedges and serve.

Serves 4

1 serve = 1 protein

Quick way with Rainbow Trout

Serves 4

1 serve = 1 protein

Ingredients:

3 large lemons
1 tablespoon sugar
1 large red chilli (de-seeded and finely sliced)
1/2 cup mint leaves (torn)
salt and pepper
4 Rainbow Trout Fresh Fillets (about 200g each)

Arlene Normand

Recipe Guide



olive oil for coating
4 cups watercress sprigs
2 tablespoons olive oil

METHOD:

Peel lemons. Remove pith and membrane from segments. Cut segments in half and combine with sugar, chilli, mint leaves, salt and pepper. Put lemon salad aside.

Place a non-stick pan over high heat.

Brush the rainbow trout fillets with olive oil. Sear for 2 minutes each side or until cooked as desired.

Toss watercress sprigs with the 2 tablespoons olive oil in a bowl.

To serve: divide the watercress sprigs between plates and top with the rainbow trout fillets and the lemon salad.

Salade Nicoise

200g green beans trimmed, chopped	250g cherry tomatoes halved
½ cup seeded black olives	2 lebanese cucumbers, sliced
1 medium red onion, sliced thinly	150g mesclun
6 hard boiled eggs drained	425g tin tuna in springwater,

Light Vinaigrette: 1 tsp olive oil; ¼ cup lemon juice; 1 clove garlic crushed; 2 tsp Dijon mustard

Boil, steam or microwave beans until just tender; drain. Rinse under cold water; drain.

Make light vinaigrette

Place tomato, olives, cucumber, onion, mesclun and egg in large bowl with vinaigrette; toss gently to combine. Divide salad among serving plates; flake fish over salad in large chunks.

Serves 4 1 serve = 2 protein

Grilled Salmon with Minted Cucumber Sauce

1 clove garlic minced
¼ teaspoon freshly ground black pepper
¼ tsp ground cumin

Arlene Normand



Recipe Guide

1 cup plain low fat yoghurt
1 Tblsp fresh or 1 tsp dried mint
1 medium cucumber, cubed, seeded and peeled
4 x 150g skinless, boneless salmon fillets
Fresh mint sprigs

Place garlic, pepper and cumin in mixing bowl; mash to a paste with the back of a spoon. Add yoghurt and mint, stir well. Stir in cucumber gently, and set mixture aside.

Clean grill or bbq and spray with oil. Lightly brush fish with oil on both sides of fish fillets. BBQ fish and grill about 3 minutes per sides or until cooked to taste.

Spoon cucumber sauce over fish; garnish with mint. Serve immediately.

Serves 4

1 serve = 1 protein

Moroccan fish with salad

Ingredients (serves 4)

1 serve = 1 protein, 1

carbohydrate

1/2 cup plain flour

1 egg

3/4 cup dried breadcrumbs

1 Tblsp Moroccan seasoning

(see note)

4 (185g each) boneless fillets (see note)
into triangles

2 pieces lavash bread, cut

olive oil cooking spray

lemon wedges, to serve

Tomato salad

3 large tomatoes, diced

2 Lebanese cucumbers, diced

1 small red onion, halved, thinly sliced
juiced

1 lemon, rind finely grated,

1 cup flat-leaf parsley leaves, roughly chopped

Method

Make tomato salad Combine tomatoes, cucumber, onion, lemon rind, 1/4 cup lemon juice and parsley in a bowl. Cover and refrigerate.

Place flour on a plate. Lightly beat egg and 2 tablespoons cold water in a shallow bowl. Combine breadcrumbs and Moroccan seasoning on a plate.

Coat fish, 1 piece at a time, in flour. Dip into egg, then breadcrumb mixture, gently pressing crumbs on with your fingertips to secure. Place on a large plate.

Arlene Normand

Recipe Guide



Preheat oven to 200°C. Spray both sides fish and lavash bread with oil and place on separate baking trays. Bake lavash bread for 5 minutes or until toasted. Remove from oven and set aside. Bake fish for 10 minutes or until golden and cooked through.

Serve fish with tomato salad, toasted lavash and lemon wedges.

Notes

Tip: Any firm-fleshed fish with minimal bones is suitable for this recipe. Try barramundi, flathead or snapper.

Note 1: Moroccan seasoning is a mild spice blend, great with fish, lamb or chicken.

Note 2: Known as boneless

Pan-fried fish with herb sauce

Ingredients (serves 4) 1 serve = 1 protein

1 large lemon

3 garlic cloves, sliced

1 cup flat-leaf parsley leaves, torn

12 each mint and basil leaves, torn

1/4 cup oregano leaves

1/3 cup (80ml) extra virgin olive oil

4 x 180g white fish fillets with skin on (such as blue-eye or snapper)

Crusty bread, to serve

Method

Preheat the oven to 180°C. Pare the lemon rind with a peeler, being sure not to take any of the white pith. Squeeze lemon juice into a bowl. Add garlic, herbs and half the oil. Season, then set aside.

Heat remaining oil in an ovenproof pan over medium-high heat. Fry lemon rind for 30 seconds. Season fish, then place skin-side down in the pan. Cook over medium heat for 3-4 minutes until skin is crisp and flesh turns white at the edges. Place pan in oven for 5 minutes until fish is just cooked through. Return pan to low heat, pour over herb mixture and warm through. Serve fish with crusty bread.

PESTO-TOPPED FISH

600g fish fillets

2 tablespoons lemon juice

PESTO TOPPING

2 tablespoons polyunsaturated reduced-fat margarine

Arlene Normand

Recipe Guide



- 1 teaspoon grated lemon rind
basil leaves
1 clove garlic
parmesan cheese
 $\frac{1}{2}$ teaspoon French mustard
- 1/2 cup firmly packed fresh
2 Tblss grated fresh
1. PESTO TOPPING. Blend margarine, rind, basil, garlic, cheese and mustard until well combined.
 2. Arrange fillets on a foil-lined oven tray. Spread with Pesto Topping; sprinkle with juice.
 3. Cook under a hot grill until lightly browned and cooked through.
- Serves 4. 1 serve = 2 tsp fat, 1 protein

PRAWN CUCUMBER SKEWERS

- 24 cooked king prawns 2 Lebanese cucumbers
24 fresh Thai basil leaves

DIPPING SAUCE

- 1/2 cup caster sugar $\frac{1}{4}$ cup water
1 Tblsp sweet chilli sauce 2 tsp chopped coriander
 $\frac{1}{2}$ tsp finely chopped fresh lemon grass
 $\frac{1}{4}$ cup limejuice 1 tsp fish sauce

Peel and devein prawns, leaving tails intact.

Peel long thin strips from cucumbers using a vegetable peeler. Wrap a strip of cucumber around each prawn; thread onto a small bamboo skewer. Thread a basil leaf onto each skewer; repeat process. Place skewers onto a tray; refrigerate until serving.

DIPPING SAUCE. Combine sugar and water in a small pan; stir over low heat until sugar is dissolved. Simmer, uncovered, without stirring, for about 5 minutes, or until syrup is thickened. Remove from heat, stir in remaining ingredients; cool.

Serve skewers with Dipping Sauce.

Makes 12

Fish with ratatouille

Ingredients (serves 4) 1 serve = 1 protein

- 4 white fish fillets (bass, ling, snapper or blue-eye)
250g cherry tomatoes, halved
1 green capsicum, seeded and thinly sliced

Arlene Normand

Recipe Guide



- 1 red capsicum, seeded and thinly sliced
- 1 clove garlic, crushed
- 1 onion, sliced
- 1 1/2 tablespoons torn basil
- 3 teaspoons balsamic vinegar

Method

To make ratatouille heat 2 tablespoons oil in a large saucepan over medium high heat. Add the onion, capsicums and garlic and cook for 4 minutes or until just softened. Add the tomatoes and vinegar and cook for 6-8 minutes, stirring occasionally until the mixture is pulpy. Remove from the heat, stir through basil, cover and keep warm.

Heat 1 tablespoon of oil in a non-stick frying pan. Add fish and cook for 3 minutes on each side or until golden and cooked through. Serve with ratatouille.

Salmon with Dill and Caper Dressing

- | | |
|-----------------------------|-------------------------|
| 2 Tbsp low-fat sour cream | 1 Tbsp tiny capers |
| 2 tsp coarsely chopped dill | 2 tsp horseradish cream |
| 1 Tbsp lime juice | 4 x 150g salmon fillets |

Combine sour cream with capers, dill, horseradish and juice in medium bowl.

Heat oiled large pan; cook salmon until browned both sides and cooked as desired. Serve salmon with dill and caper dressing.

Serves 4 1 serve = 1 protein, 2 tsp fat

Salmon with sesame greens & ginger-soy dressing

Ingredients (serves 4) 1 serve = 1 protein

- 4 (125g each) skin-on salmon fillets
- Olive oil spray
- 60ml (1/4 cup) salt-reduced soy sauce
- 2 tsp brown sugar
- 2 tsp grated fresh ginger
- 3 tsp sesame oil
- 1 bunch gai lan (Chinese broccoli)
- Steamed jasmine rice, to serve (optional)
- 1 tbs sesame seeds, toasted

Arlene Normand

Recipe Guide



Method

Heat a large non-stick frying pan over high heat. Spray both sides of the salmon with olive oil spray. Add salmon to the pan, skin-side down, and cook for 2-3 minutes or until crisp. Turn and cook for a further 1-2 minutes for medium or until cooked to your liking.

Meanwhile, combine the soy sauce, sugar, ginger and half the sesame oil in a small bowl. Stir until the sugar dissolves. Cook the gai lan in a saucepan of boiling water for 30 seconds or until bright green and tender crisp. Drain.

Divide the gai lan and rice among serving dishes. Drizzle over the remaining sesame oil and sprinkle with half the sesame seeds. Top with the salmon. Drizzle over the soy sauce mixture and sprinkle with the remaining sesame seeds to serve.

Notes

Budget tip: Replace the salmon fillets with 2 large single chicken breast fillets, halved horizontally

Variation:

Beef with sesame greens & chilli-soy dressing: Replace salmon with 4 beef steaks. Cook for 3-4 minutes each side for medium or until cooked to your liking. Add a little finely chopped fresh red chilli to the soy sauce mixture in step 2.

Salmon skewers with coconut salsa

Ingredients serves 4 (1 serve = 1 protein, 1 carbohydrate)

600g skinless salmon fillets, cut into 3cm cubes

2 Tbsp lime juice

1 Tbsp peanut oil

2 garlic cloves, crushed

2 stalks lemongrass, trimmed, finely chopped

Olive oil cooking spray

Salad leaves to serve

Coconut salsa

1 medium (1kg) fresh coconut

1 large mango (450)g diced

1 long red chilli, deseeded, thinly sliced

1/3 cup firmly packed fresh mint leaves, torn

Arlene Normand

Recipe Guide



2 Tblsp lime juice
2 tsp brown sugar

Step 1

Combine salmon, lime juice, oil, garlic and lemongrass in a bowl. Cover and refrigerate for 30 minutes, if time permits.

Step 2

Make coconut mango salsa: Drain and break open coconut. Using a vegetable peeler, peel thin slices from coconut flesh. Combine coconut, mango, chilli, mint, lime juice and sugar in a bowl. Set aside.

Step 3

Spray a barbecue plate or chargrill with oil. Heat over high heat. Thread salmon onto skewers. Cook skewers for 1 to 2 minutes on both sides or until cooked to your liking. Serve with salsa and salad leaves.

Salmon Steak Kyoto

4 Salmon Steaks – one per person

For the marinade:

1/3 cup soy sauce	1/4 cup orange juice concentrate
2 tsp olive oil	2 Tblsp tomato sauce
1 tsp lemon juice	1/2 tsp prepared mustard
1 Tblsp prepared mustard	1 Tblsp spring onion minced
1 clove garlic, minced	1/2 tsp minced ginger root

In a shallow baking dish combine the marinade ingredients. Add the salmon and turn to coat each side. Cover and refrigerate for 30-60 minutes. Remove the salmon and reserve the marinade.

Pour the reserved marinade into a small saucepan. Bring to the boil for 1 minute. Lightly brush or spray the salmon with oil. Grill or bbq salmon until fish is tender and flakes with a fork, about 3-5 minutes each side, depending upon thickness of fish. Brush the salmon with the marinade once halfway through cooking.

1 serve = 1 protein

Slow Roasted Ocean Trout and Asian Greens

Arlene Normand

Recipe Guide



8 x 100g ocean trout fillets
2 kaffir lime leaves, shredded finely
2 Tablespoons finely chopped lemon grass
1 Teaspoon sesame oil
250g bok choy, quartered
250g choy sum, chopped coarsely
2 teaspoons light soy sauce
1/3 cup sweet chilli sauce
1/4 cup lime juice

1. Preheat the oven to slow.
2. Place four fish fillets, skin down, on board and sprinkle with lime leaves and lemon grass. Top with remaining fish fillets, skin-side up; tie with kitchen string.
3. Place fish in large shallow baking dish; roast uncovered in slow oven for 15 minutes (until done as you prefer).
4. Just before serving, heat oil in wok or large frying pan; stir fry bok choy, choy sum and soy sauce until vegetables just wilt.
5. Serve fish with stir fried vegetables; drizzle with combined chilli sauce and juice.

Snapper with macadamia pesto and bean salad

Serves 4 1 serve = 1 protein, 1 carbohydrate

Ingredients

500g sweet potato. Peeled, cut into 2 cm pieces
1 1/2 Tablespoons extra virgin olive oil
1 small red onion, thinly sliced into rounds
1 Tablespoon lime juice
4 (about 150g each) snapper fillets
300g green beans, trimmed, blanched

Macadamia Pesto

75g macadamia nuts, toasted
1 cup fresh coriander leaves, firmly packed
1 small garlic clove, coarsely chopped
1 lime, rind finely grated, juiced

Arlene Normand

Recipe Guide



60 ml (¼ cup) extra virgin olive oil)
1 Tablespoon water

Method

Step 1

Preheat the oven to 200C/180C fan-forced. Line a baking tray with baking paper. Place potato on the prepared tray. Drizzle with 1 Tbs of the oil. Season. Roast, stirring halfway, for 30 minutes or until golden and tender.

Step 2

Meanwhile, for the pesto, process the macadamias, coriander, garlic and lime rind in a food processor until finely chopped. Combine the lime juice, oil and water in a jug. Add to macadamia mixture, with the motor running, in a slow steady stream until well combined and smooth. Season.

Step 3

Place the onion in a heatproof bowl and cover with boiling water. Stand for 3 minutes. Drain well. Place the onion and lime juice in a large bowl. Season, then set aside to macerate.

Step 4

Heat the remaining oil in a large non-stick frying pan over medium-high heat. Pat the skin of the snapper dry with paper towel. Season. Cook snapper, skin side down, for 2 minutes or until crisp. Turn and cook for 1-2 minutes or until just cooked through. Transfer snapper to a plate to rest.

Step 5

Add the sweet potato, beans and 1 tbs of the pesto to the onion mixture. Toss gently to combine. Divide among serving plates. Top each with snapper and a spoonful of the pesto.

Snapper with Ginger and Carrots

2 whole snappers

cornflour

2 teaspoons oil

4 carrots

1 onion

4cm piece green ginger, peeled

½ tsp sesame seed oil

2 Tbsp light soy sauce

2 tsp cornflour

Arlene Normand

Recipe Guide



1 Tblsp dry sherry
1 ½ cups water
6 green shallots

Trim fins and tail of fish. Cut a few slashes in each side of fish, rub both sides of fish with cornflour.

Cut carrot, onion and ginger into thin strips. Heat oil in pan or wok, add carrots and onion, stir-fry until just tender, add ginger, cook 1 minute. Push vegetables to one side, add fish, pour half the combined sesame seed oil and soy sauce over fish, cook 5 minutes. When brown, turn fish over, add remaining sesame and soy mixture.

Pour blended extra cornflour, sherry and water over fish, stir gently 1 minute or until mixture boils. Cover, cook gently 5 minutes or until fish is tender. Add shallots in last few minutes of cooking time.

Serves 2 1 serve = 1 protein

Spice-crusted ocean trout with zucchini salad

Ingredients (serves 4)

2 tsp ground coriander
1 tsp sweet paprika
4 (about 180g each) ocean trout fillets
Mixed salad leaves, to serve

1 serve = 1 protein

2 tsp ground cumin
1 tsp sea salt
1 tbs olive oil
Lemon wedges, to serve

Yoghurt dressing

200g (¾ cup) plain soy yoghurt
3 tsp finely chopped fresh dill
3 tsp finely chopped fresh coriander
1 tbs extra virgin olive oil
Salt & freshly ground black pepper

2 garlic cloves, crushed
3 tsp finely chopped fresh chives
2 tbs fresh lemon juice
½ tsp Dijon mustard

Zucchini salad

2 green zucchini, ends trimmed, cut into 1cm pieces
½ red onion, finely chopped
2 vine-ripened tomatoes, halved, deseeded, cut into 1cm pieces
1 Lebanese cucumber, peeled, seeded cut into 1cm pieces
2 tbs finely chopped fresh mint
2 tbs finely chopped fresh continental parsley
1 tbs olive oil
1 tbs fresh lemon juice

Arlene Normand

Recipe Guide



Salt & freshly ground black pepper

Method

Combine coriander, cumin, paprika and sea salt in a bowl. Rub over fish. Place fish in a glass or ceramic dish. Cover with plastic wrap and place in the fridge for 30 minutes to develop the flavours.

Meanwhile, to make dressing, combine yoghurt, garlic, dill, chives, coriander, lemon juice, oil and mustard in a bowl. Season with salt and pepper. Cover with plastic wrap and place in the fridge for 30 minutes to develop the flavours.

To make the zucchini salad, combine zucchini, onion, tomato, cucumber, mint, parsley, oil and lemon juice in a bowl. Taste and season with salt and pepper.

Heat the oil in a non-stick frying pan over medium-high heat. Add trout and cook for 2 minutes each side for medium or until cooked to your liking.

Spoon zucchini salad among plates. Top with trout and drizzle with dressing. Serve with salad and lemon wedges.

Spiced fish with chickpea salad

Ingredients (serves 4) **1 serve = 1 protein, 2 carbohydrates,**

2tsp fat

1 tbs cumin seeds	1 tbs fennel seeds
2 tbs plain flour	4 white fish fillets
1 tbs olive oil	1 tbs butter

Baby rocket leaves, to serve

Chickpea salad

400g can chickpeas, rinsed, drained chopped	3 eggs, hard-boiled, peeled,
4 shallots ends trimmed, thinly sliced chopped	1 red capsicum, halved
1 Lebanese cucumber, deseeded, chopped	
1/3cup fresh continental parsley leaves chopped	
1/3 cup fresh mint leaves, chopped	2 tbs low fat mayonnaise
2 tbs low fat Greek-style natural yoghurt	1 tbs red wine vinegar
1 tsp curry powder chopped	1 garlic clove, finely

Arlene Normand

Recipe Guide



Method

To make the chickpea salad, combine the chickpeas, egg, shallot, capsicum, cucumber, parsley and mint in a large bowl. Combine the mayonnaise, yoghurt, vinegar, curry powder and garlic in a small bowl. Stir the dressing into the salad.

Use a mortar and pestle, or a coffee or spice grinder, to finely crush the cumin seeds and fennel seeds. Place on a large plate. Add the flour and combine. Season with salt and pepper. Add the fish and turn to coat. Shake off excess.

Heat half the oil in a large frying pan over medium-high heat. Cook half the fish for 2-3 minutes each side, adding half the butter halfway through cooking. Divide among serving plates. Cover with foil to keep warm. Repeat with remaining oil, fish and butter. Serve with the chickpea salad and baby rocket leaves.

Spicy grilled snapper with snow pea salad (low-fat)

Ingredients (serves 4)

4 x 200g snapper fillets	1 serve = 1 protein
50g watercress, ends trimmed	1 tbs olive oil
1 carrot, sliced into thin matchsticks	150g snow peas, thinly sliced
leaves*	1/2 cup Vietnamese mint
1 garlic clove, halved	
1 small red chilli, seeds removed, roughly chopped	
2 coriander roots	1/4 cup (50g) firmly packed brown sugar
1/5 cup (125ml) lime juice	1/4 cup (60ml) fish sauce
2 eschalots, thinly sliced	

Method

To make the spicy sauce, use a mortar and pestle to pound the garlic, chopped chilli, coriander roots, brown sugar and 1 teaspoon of sea salt to a paste.

Add the lime juice and fish sauce, then stir until the sugar is dissolved. Stir through the eschalot.

Heat a lightly oiled chargrill or barbecue to high. Brush the snapper fillets with olive oil, sprinkle with 2 teaspoons of sea salt and, when the grill is hot, sear for 2-3 minutes on each side or until cooked through.

Meanwhile, place the watercress, snow peas, carrot and mint leaves in a bowl. Add 1/3 cup (80ml) of the spicy sauce and toss to combine.

Arlene Normand

Recipe Guide



To serve, divide the salad among 4 plates, top with the snapper fillets and drizzle the remaining spicy sauce over the top.

Notes

* Available from Asian food stores and selected greengrocers; substitute with regular mint

Spiced barbecue salmon

Ingredients (serves 6)

1 tbs brown sugar

2 1/2 tsp garlic powder

1 tsp ground black pepper

1/4 tsp ground cinnamon

6 (about 150g each) salmon fillets, skin on

Lime wedges, to serve

1 serve = 1 protein

2 1/2 tsp dried oregano

1 tsp dried chilli flakes

1 tsp ground allspice

1/4 tsp ground nutmeg

80ml (1/3 cup) olive oil

Method

Combine the sugar, oregano, garlic, chilli, pepper, allspice, cinnamon and nutmeg in a small bowl.

Pat the salmon with paper towel to remove excess moisture. Rub with spice mixture to coat. Place in a glass or ceramic dish. Cover. Place in the fridge for 3 hours or overnight to marinate.

Preheat a barbecue flat plate on medium. Lightly brush the salmon with oil. Season with salt. Add to barbecue, skin-side down. Cook for 3 minutes each side for medium or until cooked to your liking. Serve salmon with salad and lime wedges.

Notes

Make it ahead: Prepare this recipe to the end of step 2 up to 1 day ahead. Continue from step 3, 10 minutes before serving.

STEAMED FISH WITH INDIAN LENTILS

3/4 cup red lentils

4 medium onions, thinly sliced

2 cloves garlic, crushed

1/2 teaspoon ground turmeric

2 teaspoons salt

4 x 125g boneless white fish fillets

1/2 cup coarsely chopped fresh coriander leaves

1/3 cup low-fat plain yoghurt to serve

2 teaspoons olive oil

1 tablespoon grated fresh ginger

3 teaspoons ground coriander

1/2 teaspoon ground fennel

1 1/2 cups fish stock

Arlene Normand

Recipe Guide



1. Add lentils to a medium pan of boiling water. Simmer, uncovered, for 5 minutes; drain.
2. Meanwhile, heat oil in a large pan, add onions; cook, stirring, over low heat for about 10 minutes or until well browned. Add ginger, garlic, spices, salt and lentils; cook, stirring, for a further 1 minute.
3. Add stock, bring to boil; place fish fillets on top of lentil mixture. Simmer, covered, for about 5 minutes, or until fish is cooked through.
4. Serve fish over lentil mixture; sprinkle with coriander. Top each serve with 1 tablespoon yoghurt.

SERVES 4

1 serve = 1 protein

Steamed fish with ginger, coriander and kaffir lime

Ingredients (serves 4)

1 serve = 1 protein

16 kaffir lime leaves

4 white fish fillets or cutlets e.g. ling, barramundi or blue-eye

40g (1/4 cup) julienne ginger

2 tablespoons coriander leaves

2 tablespoons sweet chilli sauce

2 teaspoons fish sauce

Lime juice, to serve

Coriander leaves, extra, to serve

Method

Cut out four large squares of non-stick baking paper. Place four kaffir lime leaves in the centre of each square. Top with a piece of fish and sprinkle with ginger and coriander. Combine sweet chilli sauce and fish sauce in a small bowl and drizzle over fish.

Fold the ends of each square around the fish to enclose and form a parcel. Steam the fish in a bamboo or metal steamer for 3-4 minutes or until fish is cooked through. Discard kaffir lime leaves. Arrange fish on serving plates and sprinkle with lime juice and extra coriander. Serve with a simple cucumber salad and extra sweet chilli, if desired.

Notes

To make cucumber salad, chop a small Lebanese cucumber and place in a bowl. Add 1 tablespoon white vinegar and 1 teaspoon caster sugar and stir until sugar has dissolved. Add a small finely chopped red chilli, if desired.

Steamed ginger & shallot fish

Arlene Normand

Recipe Guide



Ingredients (serves 2)

1 serve = 1 protein

- 1 tbs dry sherry
- 1 tsp caster sugar
- 1 tsp sesame oil
- 1 tbs light soy sauce
- 2 (about 150g each) firm white fish fillets
- 2cm-piece fresh ginger, peeled, cut into matchsticks
- Steamed Asian greens, to serve
- 1 shallot, trimmed, thinly sliced diagonally
- 1 long fresh red chilli (optional), halved, deseeded, thinly sliced

Method

Combine the sherry, sugar, oil and half the soy sauce in a small jug. Place the fish in a shallow heatproof bowl (make sure the bowl fits inside your steamer). Top with the ginger and pour over the sherry mixture. Place the bowl in the steamer over a wok one-third filled with simmering water (make sure the steamer doesn't touch the water). Cook for 5 minutes or until the fish flakes easily when tested with a fork. Divide the Asian greens and fish among serving plates. Drizzle over the remaining soy sauce and any juices from the bowl. Top with the shallot and chilli, if desired.

Notes

Tip: Find inexpensive bamboo steamers at Asian grocery stores. If you have a few, you can stack them and cook foods such as fish and vegies at the same time.

STEAMED FISH WITH INDIAN LENTILS

- | | |
|---|--|
| 3/4 (150g) cup red lentils | 2 tsp oil |
| 4 medium onions, thinly sliced | 1 Tblp grated fresh ginger |
| 2 cloves garlic, crushed | 3 tsp ground coriander |
| 1/2 tsp ground turmeric | 1/2 tsp ground fennel |
| 2 tsp salt | 1 1/2 cups fish stock |
| 4 boneless white fish fillets | 1/2 cup chopped fresh coriander |
| 1/2 cup low-fat plain yoghurt to serve | |

Add lentils to a medium pan of boiling water. Simmer, uncovered, for 5 minutes; drain.

Arlene Normand

Recipe Guide



Meanwhile, heat oil in a large pan, add onions; cook, stirring, for about 10 minutes or until well browned. Add ginger, garlic, spices, salt and lentils; cook, stirring, for a further 1 minute. Add stock, bring to boil; place fish on top of lentil mixture. Simmer, covered, for about 5 minutes, or until fish is tender. Serve fish over lentil mixture; sprinkle with coriander. Top with yoghurt.

Serves 4 1 serve = 1 protein, 1 carbohydrate

Steamed trout with mango salad

Ingredients (serves 4) **1 serve = 1 protein, ½ carbohydrate**

- 2 tbs lime juice, plus wedges to serve
- 2 tbs fish sauce
- 2 tbs caster sugar
- 2 small red chillies, seeded, finely sliced
- 2 firm mangoes (use green mangoes if available), peeled, coarsely grated
- 4 x 150g skinless ocean trout fillets
- 1 cup coriander leaves, chopped
- 1/3 cup chopped mint leaves
- 1/3 cup roasted macadamias, chopped

Method

Shake lime juice, fish sauce, sugar and chilli together in a screw-top jar. Toss mango in a bowl with dressing. Place fish on a plate in a steamer over a pan of simmering water. Steam for about 5 minutes until cooked but still slightly rare in the centre. Add herbs to mango, place a piece of fish on each serving plate, top with salad and sprinkle with nuts. Serve with lime wedges.

Tandoori fish & cumin rice

Ingredients (serves 4) **1 serve = 1 protein**

- 180g (2/3 cup) Dairy Farmers Traditional Lite Yogurt
- 2 garlic cloves, crushed 1 tbs grated fresh ginger
- 2 tsp ground coriander 2 tsp ground cumin
- 2 tsp ground turmeric
- 4 (about 150g each) firm white fish fillets (such as ling or perch)

Arlene Normand

Recipe Guide



350ml salt-reduced vegetable stock Olive oil spray
1 brown onion, finely chopped 2 garlic cloves, crushed
1 tsp cumin seeds 200g (1 cup) long-grain rice
Fresh coriander leaves, to serve Lime wedges, to serve

Method

Combine yoghurt, garlic, ginger, ground coriander, cumin and turmeric in a shallow glass dish. Add fish and turn to coat. Cover. Place in the fridge for 2 hours to marinate.

Preheat oven to 220°C. Remove fish and drain excess marinade. Place the fish on a rack in a baking tray. Bake for 15 minutes or until fish flakes when tested with a fork.

Meanwhile, place the stock in a saucepan and bring to a simmer over medium heat.

Heat a saucepan over medium heat. Spray with olive oil spray. Add the onion and cook, stirring, for 5 minutes. Add the garlic and cumin seeds. Cook, stirring, for 1 minute. Stir in the rice. Add the stock and bring to the boil. Cover. Simmer for 12 minutes. Set aside, covered, for 5 minutes. Divide rice and fish among serving plates. Top with coriander. Serve with lime wedges.

Teriyaki salmon

1 serve = 1 protein

Ingredients

4 x 150g salmon steaks
1/2 cup teriyaki marinade (I use Kikkoman)
1 cup long-grain rice
2 bunches bok choy or broccolini, steamed, to serve
2 teaspoons sesame seeds, toasted, to serve

Method

Place salmon steaks into a ceramic dish. Add teriyaki marinade and turn salmon to coat well. Stand for 20 minutes.

Put rice into a saucepan and cover with 2 cups water. Place over high heat and bring to the boil. Simmer for 5 minutes or until craters form over rice. Cover and turn off heat.

Heat a frying pan or cast iron chargrill over medium-high heat. When pan/grill is hot, place a piece of baking paper in pan – this will stop the fish sticking. Cook 2 salmon steaks for 2–3 minutes on each side for medium-rare or until cooked to your liking. Transfer to a plate and cover with foil to keep warm. Repeat with remaining salmon.

Arlene Normand

Recipe Guide



Divide rice between 4 plates. Top with salmon and sprinkle with sesame seeds. Serve with steamed greens.

THAI FISH CAKES

600g boneless fish fillets	2 tablespoons chopped fresh coriander
2 egg whites	2 tablespoons red curry paste
1 teaspoon sugar	3 spring onions, finely chopped
80g green beans, finely chopped	salt and pepper to taste

SWEET THAI DRESSING

1/3 cup white vinegar	1/3 cup caster sugar
2 tablespoons lime juice	1 tablespoon fish sauce
1/2 red capsicum, finely chopped	2 tablespoons chopped fresh coriander

1. Lightly grease a 12-hole muffin pan (1/3 cup capacity).
2. Process fish, coriander, egg whites, paste, sugar and salt and pepper until smooth; transfer to a bowl. Stir in spring onions and beans.
3. Divide mixture into 12 portions; press firmly into prepared pan.
4. Cook in a moderate oven, 180oC, for about 12 to 15 minutes or until cooked through.
5. SWEET THAI DRESSING. Combine vinegar, sugar and juice in a small pan, stir over a low heat, without boiling, until sugar is dissolved. Simmer for 3 minutes; cool. Stir in remaining ingredients.
6. Serve fish cakes with Sweet Thai Dressing.

SERVES 4

1 serve = 1 protein

Arlene Normand

Recipe Guide



Thai-style poached whole salmon

Ingredients (serves 8)

1 serve = 1 protein

- 2 lemongrass stems (white part only), halved, bruised
- 8 kaffir lime leaves*
- 2cm piece ginger, sliced
- 2kg whole salmon or ocean trout, cleaned, scaled (ask your fishmonger to do this)
- 1 bunch coriander
- 300g light palm sugar*, grated
- 1/2 red onion, sliced
- 2 1/2 tbs tamarind concentrate*
- 50ml fish sauce
- Vegetable oil, to deep-fry
- 6 Asian red eschalots*, thinly sliced
- 4 garlic cloves, thinly sliced
- 2 long red chillies, sliced into rounds
- Lime wedges, to serve

Method

Place 2 lemongrass halves, 2 lime leaves and half the ginger in the cavity of the fish, then place in a fish kettle (from kitchenware shops), cover with cold water and slowly bring to the boil over medium heat. When boiling, switch off the heat, cover tightly and stand for 30 minutes (without removing lid) until just cooked.

While fish is cooking, wash coriander well, pick leaves and refrigerate until required. Make sure coriander roots are free of dirt, then thinly slice. Place palm sugar in a heavy-based pan over medium heat. Add 2 tablespoons of water and stir until the sugar dissolves. Add coriander roots, onion, remaining lemongrass and ginger and 4 lime leaves. Bring to the boil, then simmer over low heat for 5 minutes or until lightly caramelised. Add tamarind and fish sauce, then simmer for a further 5 minutes. Strain into a jug, pressing down on solids before discarding. Set aside until ready to serve.

Half-fill a deep-fryer or heavy-based pan with oil and heat to 190°C (or test a cube of bread - it will turn golden in 30 seconds when oil is ready).

Arlene Normand

Recipe Guide



Fry the eschalots, garlic and chilli, in separate batches, for 1-2 minutes until crisp and golden. Drain on paper towel.

Carefully remove the fish from the poaching liquid and place on a large serving platter. Pat dry with a paper towel. To remove the skin, loosen around the gills and pull back towards the tail. (It's not necessary to remove the skin from the underside of fish at this stage.) Use a paper towel to soak up any moisture around the fish. Pour over the sauce and garnish with the fried eschalots, garlic and chilli, the coriander leaves and finely shredded remaining 2 kaffir lime leaves.

Notes

Both the fish and sauce can be served hot, warm or cold, so all the work can be done in advance.

Serves 8-10 as part of a buffet.

* Kaffir lime leaves, palm sugar, tamarind concentrate and Asian red eschalots are from Asian food shops.

TUNA PATTIES

3 medium potatoes, peeled, chopped drained	220g can tuna in brine,
2 tablespoons chopped fresh dill rind	2 teaspoons grated lemon
1 teaspoon drained baby capers, chopped	salt and pepper to taste
½ cup Lightly Seasoned Fish Mix	cooking oil spray
lemon wedges to serve	

1. Boil, steam or microwave potatoes until tender; drain. Mash potatoes until smooth.
2. Combine potatoes, tuna, dill, rind, capers and salt and pepper in a bowl; mix well.
3. Divide mixture into 8 portions; shape each portion into a patty. Coat in seasoning mix; shake away excess. Place on a tray lined with non-stick baking paper. Spray lightly with oil.
4. Cook in a moderate oven, 180°C, for about 20 minutes or until heated through and crumbs are crisp.
5. Serve patties with lemon wedges.

Serves 4 1 serve = ½ protein, 1 carbohydrate

Arlene Normand

Recipe Guide



Vine-ripened tomatoes and baby spinach salad with barramundi fillet

Ingredients (serves 4)

150g baby spinach
(optional)
15 basil leaves
100g vine-ripened tomatoes
20ml balsamic vinegar
4 x 200g barramundi fillets

1 serve = 1 protein

50g speck (bacon), chopped
80ml extra virgin olive oil
50g pine nuts, toasted
Salt & freshly ground pepper

Method

Finely shred spinach.

Heat a pan over medium heat. Fry speck until crisp, remove from pan.

Add 1 tbs oil and fry basil leaves until crisp. Remove from pan.

Combine spinach, speck, tomatoes and pine nuts in a bowl. Whisk olive oil with balsamic vinegar and season.

Heat pan to medium high, brush fish fillets with a little oil, fry skin side down to crisp for about 2 mins. Carefully turn fish and cook for a further 2 mins until golden and cooked through. Cover, keep warm.

Arrange salad on plate and top with fish. Garnish with basil leaves.

WARM FISH POLENTA SALAD

1-cup chicken stock
1-cup polenta
1 tablespoon grated Parmesan cheese
2 teaspoons Moroccan seasoning
4 x 100g fish fillets
100g mixed salad leaves
3 small egg tomatoes, sliced

DRESSING

1 x 200g tub low-fat Greek-style yoghurt
2 tablespoons bottled no-oil French dressing
1 small Lebanese cucumber, seeded, grated
1 clove garlic, crushed
1 tablespoon chopped fresh mint

1. Bring stock to boil in a pan, gradually stir in polenta; cook, stirring, until mixture boils and thickens; stir in cheese. Press mixture into a greased bar cake pan. Cover; refrigerate until firm.

2. Dressing. Combine all ingredients in a bowl; mix well.

Arlene Normand

Recipe Guide



3. Turn out polenta; cut into eight even slices.
4. Cook polenta on a heated, greased grill pan until browned on both sides and heated through; remove from pan. Cover; keep warm.
5. Sprinkle Moroccan seasoning evenly over fish. Cook fish on same heated, greased grill pan until browned on both sides and cooked through.
6. Divide polenta among plates, top with salad leaves, tomatoes and fish; drizzle with Dressing.

SERVES 4

1 serve = 1 protein, 1 carbohydrate

Whiting with lemon dill sauce

Ingredients

1 serve = 1 protein

20g butter

2 lemons, cut into wedges

4 (about 600g) firm white fish fillets (such as whiting or bream)

4 green shallots, ends trimmed, thinly sliced

2 tbs drained capers, chopped

2 tbs chopped fresh dill

2 1/2 tbs fresh lemon juice

1 bunch rocket, ends trimmed, washed, dried

4 red radishes, thinly sliced

2 tsp extra virgin olive oil

Method

Step 1

Melt 5g of the butter in a non-stick frying pan over medium-high heat until foaming. Add the lemon wedges and cook for 1-2 minutes each side or until caramelised. Transfer to a plate.

Step 2

Season both sides of the fish with salt and pepper. Add to the pan and cook for 2-3 minutes each side or until the flesh flakes easily when tested with a fork. Transfer to a plate and cover with foil to keep warm.

Step 3

Reduce heat to medium. Melt the remaining butter in pan until foaming. Add the shallot and capers and cook, stirring, for 1 minute or until shallot softens. Add the dill and 2 tbs of the lemon juice and stir until heated though.

Step 4

Meanwhile, combine the rocket and radish in a medium bowl. Drizzle over the oil and remaining lemon juice and gently toss to combine.

Arlene Normand

Recipe Guide



Step 5

Divide the fish among serving plates. Top with the caper mixture and serve with lemon wedges, rocket salad and crusty bread, if desired.

Yummy Tuna Salad

- ¼ head of iceberg lettuce or Chinese Cabbage cut in chunks
- 1 red cabbage, cut in chunks
- 1 bunch shallots, sliced
- 2 tomatoes, cut in chunks
- 1 cup broccoli flowerettes
- 1 banana, sliced thickly
- 3 slices pineapple, cut in chunks
- 200g tuna drained
- 1 Tbsp raisins

Combine all ingredients and cover with a fat-free French dressing (or dressing of your choice)

Serves 2

1 serve = 1 protein, 1 carbohydrate