



DIANA WRIGHT

FOOD SCIENCE AND NUTRITION

BSc Hons Dip ION 

FISH DINNER RECIPES

RAINBOW TROUT FILLETS WITH TAPENADE

- 2 filleted (skin on) rainbow trout
- 12 good quality stoned black olives
- 4 anchovy fillets, drained and dried
- 1 good clove garlic, peeled
- 1 level tbsp chopped parsley
- 2tbsp salad blend oil ($\frac{1}{3}$ each rapeseed oil, walnut oil and groundnut oil)
- Black pepper and sea salt if needed

Heat the grill and when very hot put the filleted trout, skin side up, to grill.

Meanwhile, blend all the rest of the ingredients in a electric mill or with pestle and mortar until you have a thick paste like sauce. Check for seasoning and add salt if needed.

After a few minutes the trout will be cooked. Serve skin side down with half the sauce on each.

CATALAN TUNA WITH TOMATO SAUCE

- 2tbsp olive oil
- 2 fresh tuna steaks
- 1 medium onion finely chopped
- 1 clove garlic crushed
- 1 medium red pepper, de-seeded and chopped
- 200g canned chopped tomatoes
- 1 level tbsp sundried tomato paste
- A little fish or vegetable stock
- Juice of $\frac{1}{4}$ lemon
- 1 bay leaf
- Few small closed cap mushrooms sliced
- Sea salt and black pepper

Heat the oil in a non-stick frying pan and when very hot, sear the tuna steaks on both sides (no more than 1 min a side). Remove the steaks to a covered plate. Turn the heat down and add the onion and garlic to the pan with the red pepper and fry over a medium heat, stirring frequently until soft and the onions are just turning golden about 7-8 mins.

Now add the rest of the ingredients, stir well and simmer for 20 mins. If it looks a little dry, add a little more stock and stir well. Put the tuna steaks back into the centre of the pan and simmer for a further few minutes until the tuna is just cooked.

Garnish with chopped black stoned olives and/or flat-leaved parsley if you like.

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FISH PARCELS

4 pieces of coley/or any fish on offer
2 limes
Small piece of fresh ginger
4tbsp soya sauce
4tbsp sweet chilli sauce
1 red pepper
2 courgettes
2 leeks
Rectangles of parchment paper and slightly bigger rectangles of foil.

Place the pieces of fish on individual rectangles of parchment paper with the foil rectangle underneath.

Squeeze the limes and add the soya sauce and sweet chilli sauce and whisk to mix.

Cut the pepper, courgettes and leeks into gougons and place on top of each piece of fish.

Pour the marinade over each parcel and bring the edges of the foil and parchment paper together to form a parcel.

Cook for 12 minutes at 180°C/350°F/Gas mark 4

TRAYBAKE FISH AND ROASTED VEGETABLES

4 pieces of coley or any fish on offer
2 large potatoes
1 red onion cut into chunks
2 leeks cut into chunks
2 courgettes cut into chunks
2 lemons
4tbsp olive oil
2 sprigs of fresh rosemary

Wash the potatoes and slice into wedges. Place in a large baking dish with the olive oil and cook for 30 mins.

Add the red onion, courgettes and leeks and place the fish on top. Cut 1 lemon into 4 pieces and place around the dish.

Juice the other lemon and whisk with 2tbsp of olive oil. Pour over the dish and sprinkle over the rosemary sprigs.

Cook for 20 mins.

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HEAVENLY PRAWNS AND SPINACH STIR FRY

Bag of frozen prawns defrosted
Mange Tout
1 Yellow pepper
1 red onion
Tender stem broccoli
Spinach fresh or frozen
Fresh coriander
Cashew nuts
2 fresh limes juiced
Olive oil
sweet chilli sauce
Soya sauce

Heat the oil in a large frying pan or wok. Add the prawns and all the vegetables except the spinach. Cook for 10 mins or until softened.

Add the spinach and cashew nuts.

Whisk the lime juice, sweet chilli sauce and soya sauce together and pour over. Sprinkle over the fresh coriander.

Serve with buckwheat noodles (gluten free), egg noodles or brown rice.

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