

# White fish

Hoki, Red Cod, Moki,  
Lemonfish, Mullet, Gurnard

## Available

All year round.

## Buy

Fillets that are semi-transparent and glossy.

## Store

Best cooked on the day of purchase.  
In the fridge, covered, for several days.



## Prepare



Whole fillet.



Slice into small pieces.



Slice into bite size pieces.

## Cook

Can be:



Pan-fried



Fish cakes



Pie



Marinated



# Vegetable pasta salad with fish

(serves 4)

## Ingredients

¼ packet pasta shapes  
2 carrots, grated  
2 courgettes, grated  
2 tomatoes, diced  
1 avocado, diced (optional)  
3 tablespoons vinegar  
4 tablespoons oil  
600 grams fish fillets  
⅓ cup flour

## Method



1 Boil pasta for ten minutes and then drain and set aside.



2 Mix drained pasta with carrot, courgette, tomato, avocado, vinegar and half of the oil. Refrigerate until ready to serve.



3 Lightly coat fish fillets in flour. Heat remaining oil in a large pan.



4 So the pan is not crowded, fry in batches until golden brown. Serve with pasta salad.

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