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Grenadier Baked Pasta



Nutritional Info: Grenadier is a good source of protein, supporting bone health and muscle mass. 100g of grenadier provides more than 100% of an adult's daily requirement for selenium which supports the normal functioning of the immune system. Grenadier is also a good source of iron, phosphorus, and potassium.

Tips: This simple one-tray recipe takes less than 5 minutes to prepare and 15 minutes to cook, making it ideal for a quick mid-week supper. Add some frozen peas or spinach in the final stages of cooking to add a great pop of colour and squeeze in some extra veggies to help hit that 5-a-day target; use whole wheat pasta to increase your daily dietary fibre intake

Grenadier Baked Pasta

Ingredients

- 2 portions Tagliatelle cooked to packet instructions
- 2 x Grenadier fillets, patted dry
- 12 medium sized cherry tomatoes
- 2 tablespoons lemon juice
- 1 clove garlic, crushed and roughly chopped
- 2 sprigs each of oregano and thyme (or 1 tsp each of dried)
- Pinch of salt and pepper
- 1 tablespoon olive oil
- 2 handfuls of spinach (or 2 frozen portions)
- 3 tablespoon natural yoghurt



Method

1. Preheat the oven to 180C or gas mark 4
2. In a deep baking tray, place the grenadier fillets, cherry tomatoes, garlic, thyme, oregano, 1 tablespoon lemon juice and crushed black pepper and lightly drizzle with olive oil. Cover the dish in foil before baking in the pre-heated oven for 15 minutes.
3. While the fish is cooking, bring a pan of salted water to the boil and the tagliatelle. Cook according to packet instructions.
4. Drain the pasta and remove the fish from the oven.
5. In the baking tray, mix up the ingredients to burst the tomatoes and tear up the fish fillet, removing any bones you may find at this stage.
6. Combine the fish bake with the pasta, yoghurt, the rest of the lemon juice, a touch more oregano, salt and pepper to taste.
7. Serve with toasted pine nuts for extra crunch.



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