

Why not...

- **Eat at least two portions of seafood each week** to keep you in great shape and your complexion flawless.
- **Vary the seafood you eat** to ensure that you get a wide range of nutrients.
- **Check that your seafood comes from sustainable sources** by asking your fishmonger.

Try this recipe...

Prawn Kebabs

(ideal for a BBQ with mates or just grilling for one)

Serves 4



Ingredients

- 4 tbsp balsamic vinegar
- 2 tbsp honey
- 4 tbsp olive oil
- 4 tbsp fresh coriander, chopped
- 20 tiger prawns, de-headed and peeled
- 1 red & 1 yellow pepper, de-seeded, cut to bite-sized pieces
- 2 red onions, cut to big chunks
- 1 courgette, sliced thickly
- 4 skewers

Method

1. Place the vinegar, honey, olive oil and coriander into a bowl and mix together to combine.
2. Add the prawns and allow to marinate for up to ten minutes.
3. Thread the prawns, pepper pieces, onions and courgette alternatively onto wooden skewers.
4. Heat a griddle pan until hot and fry the kebabs with the excess marinade mixture for 1-2 minutes on each side, or until the prawns are cooked through.
5. Remove from the heat and transfer to a serving plate and serve at once

For more information visit the Seafish website
www.seafish.org/2aweek



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this plaice
can help you

achieve more
in this place



Seafood can help you with everything from keeping your skin smooth to improving your concentration levels...



Seafood ... see health

Seafood is more than tasty... it's also great for your health, your body and your mind. The minerals and vitamins in seafood promote clearer skin, shinier hair and higher

energy levels. It can even boost your brainpower. And with more than 100 different types of seafood available around the coast of the UK, there's lots to choose from.

Seafood: Six reasons to love it

1 It's a 'superfood'
The Omega-3 found in oil-rich fish such as herring and mackerel is one of the best presents you can give your body. It's good for your heart and your eyes, it helps to keep your skin clear and it's great for healthy looking hair. Omega-3 is also brilliant 'brain food' – it can help to boost your memory and concentration.

2 Calcium makes you strong
The most important mineral for your bones is calcium – and seafood is a rich and natural source. Try anchovies or grilled sardines, which are eaten with the bones intact, for extra calcium. The Vitamin D present in much seafood also helps your body absorb the calcium.

3 Protein gives you power
Protein-rich fish and shellfish provides nourishment for your muscles and helps you to fight colds and flu. Eat seafood to help ward off the sniffles...

4 The eyes have it
Seafood is a valuable source of Vitamin A – which is essential for healthy eyes, healthy skin... and a healthy love life!

5 Energy boost
The B-vitamins in seafood help to turn your food into energy. Ever wondered why so many athletes talk about eating grilled fish and vegetables? The answer's on the stopwatch.

6 It's just my metabolism
A healthy dose of iodine-rich seafood on a regular basis will help to keep your metabolism steady – which is good for your heart, your weight and, well... your whole body! Where's the fish counter?!

Eating seafood keeps your skin clear and your hair shiny and healthy

Stay in shape

Not only is seafood delicious to eat, it's also one of the lowest-fat forms of protein and minerals. Eating lean whitefish such as cod and haddock will keep you at the right weight, boost your immunity and help to convert food into energy.

Keep your skin clear

The nutrients in oil-rich fish such as mackerel or herring will help to keep your skin clear, your hair shiny and your eyes bright.

Make you feel happy

Eating well can have a positive effect on your mood. Scientists have discovered that eating seafood can lower the risk of depression.



Seafood is one of the few forms of nutrition to contain significant levels of calcium. **Anchovies** are a good source of calcium and taste great on pizza or on toast as a quick and easy snack.

Seafood is a valuable source of Vitamin D which helps to build strong bones and teeth and boosts immunity to coughs and colds

