

Here's some easy ways to enjoy your two portions of seafood a week:

Fish Burgers

Serves 2

Ingredients

- Filets of halibut (or cod) for 2
- 1/2 cup of flour
- 1/2 cup of tapioca flour
- 3/4 cup of cold water
- 1/2 tsp of baking powder
- Sea salt
- 2 cups of vegetable or sunflower oil for frying
- a handful of mixed lettuce
- 2-4 hamburger buns
- tartar sauce

Method

1. Heat the oil on a high heat in a medium saucepan.
2. In a mixing bowl, mix the flours, baking powder & water with a fork.
3. Add the fish fillets and coat well.
4. Gently lower fish into the oil and fry about 3-4 minutes or until the batter is golden.
5. Remove and drain on paper towels.
6. Put buns under grill and lightly toast them for a minute or so.
7. Assemble the burgers, spread layer of tartar sauce, then mixed lettuce, a fish fillet, a bit more sauce and then the bun top.

Thai Prawn Noodle

Serves 2

Ingredients

- 1/2 x 250g pack stir-fry rice noodles
- 125g pot fresh coleslaw
- 125g cooked, peeled prawns
- 1 Thai red chilli, deseeded and finely chopped
- a good handful of chopped fresh coriander
- juice of 1 lime

Method

1. Soak 1/2 x 250g pack stir-fry rice noodles in boiling water for five minutes, until just soft.
2. Drain, run under cold water to cool completely, then drain again. Set aside.
3. In a large bowl, mix fresh coleslaw with prawns, the Thai red chilli, a good handful of chopped fresh coriander and the juice of one lime.
4. Add the cooked noodles, season, and toss together well.
5. Divide between two plates and serve with lime wedges to squeeze over.

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



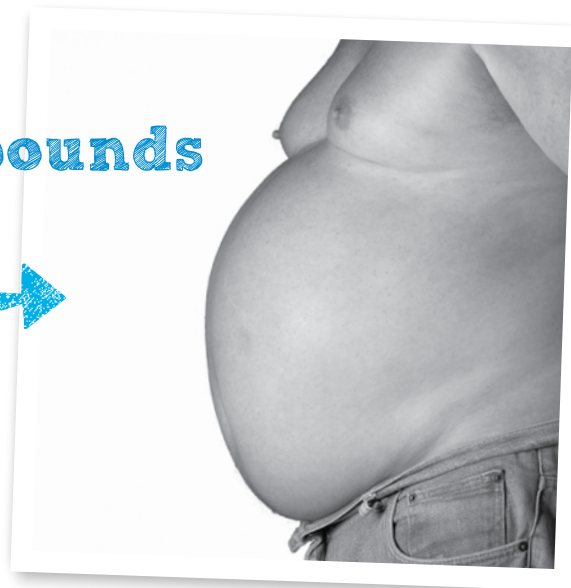
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A few pounds of this could help you

lose a few pounds of that



Eating seafood can help you with everything from weight management to improving your love-life...

SEAFISH
the authority on seafood

It's not easy being a man – on average, British men die five years earlier than women! But a few simple lifestyle changes can make all the difference – and one of the best ways to boost your health is to eat more seafood. Here are eight reasons why:

1 Hand on heart...
Britain has one of the highest rates of heart disease in the world. So how can you reduce the risk?

One of the best routes is to increase your intake of Omega-3 oils – and no other foodstuff can compete with the high concentrations of long-chain, complex Omega-3 oils offered by seafood. Eating seafood is also proven to reduce the levels of fatty deposits in the bloodstream.

The net result? Eating fish once a week or more can help people to live to an active and healthy old age.

2 Mega benefits
Omega-3 oils aren't only good for your heart, they have significant health benefits for skin, teeth and bones too. Recent studies have even linked Omega-3 to positive outcomes for diabetes and depression.

3 Muscle in
Seafood is a good source of protein, which is essential for building and maintaining healthy muscles. It also helps to fight colds, flu and other infections.

4 The Casanova factor
Many types of seafood are particularly rich in zinc, which is essential for healthy skin and muscles – and fertility. Small wonder that Casanova reputedly ate 50 oysters a day to keep in tip-top condition!

Casanova ate fifty oysters a day to ensure his powers kept up with his persuasive abilities

5 Protect yourself
Selenium, found in a wide range of seafood, is a powerful antioxidant required by your body for protection against diseases such as cancer. Seafood is also a great source of iodine, which is required for a healthy metabolism.

6 Energy boost
The B vitamins in seafood help you to maintain healthy blood and nerves, as well as enabling your body to draw energy from the food you eat.

7 Bone hard
Seafood is one of the few forms of nutrition to contain significant levels of Vitamin D. This essential vitamin helps the body to absorb calcium and strengthen your bones.

8 Keeping you in trim
Seafood is one of the lowest-fat forms of protein and minerals, and delicious too. And recent scientific studies reveal that a meal based on fish helps to control hunger better than any other form of protein – which is perfect if you're trying to lose weight.

Eating seafood twice a week could cut your risk of premature death by half

