

## COMPLETE MEAL

### Sicilian Fish

*Whitefish Bake served with lemony pasta and chopped mixed peppers*

#### Ingredients

600g	10 x 60g <b>MSC Whitefish Bake</b> (GG code 7167)
500g	bow tie pasta
25ml	oil
160g (1 medium)	red pepper, diced
160g (1 medium)	orange pepper, diced
160g (1 medium)	yellow pepper, diced
10ml	lemon juice

#### Method

1. Place the frozen **MSC Whitefish Bake** on an oiled baking tray and bake for 20-30 minutes at Gas 6/200 °C/400 °F (less for convection ovens).
2. Cook the pasta in boiling water according to manufacturer's instructions. Drain and keep warm.
3. Stir fry the peppers in oil to soften.
4. Add the peppers to the pasta and stir in the lemon juice.
5. Serve the **MSC Whitefish Bake** with the pasta.

#### Serving instructions

Could be served as a Grab and Go meal. Just add some pasta to a pot, stir in the peppers and lemon juice and top with slices of the Whitefish bake.

#### Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
<b>167.1</b>	<b>3.2</b>	<b>0.4</b>	<b>27.2</b>	<b>0.3</b>	<b>1.5</b>
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
<b>7.3</b>	<b>3.8</b>	<b>3.1</b>	<b>21.1</b>	<b>50.3</b>	<b>14.0</b>
Folate (µg)	Sodium (mg)	<b>makes 10 x 189g portions</b>			
<b>8.5</b>	<b>108.0</b>				

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