

MEDITERRANEAN FISH WITH JUMBO GREEN OLIVES

SUSTAINABLE SEAFOOD RECIPE THAT MAKES YOU FEEL GOOD



CHEF JETHRO CARR

"Fish regularly appears on recipes at my cookery school. Using sustainable fish is a key part of the students' education. We need to keep our oceans safe for the future."



INGREDIENTS

4 fillets MSC sustainable certified haddock, pollock, hoki, cod or hake



2 tbsp sun dried tomato paste (or chopped up sun dried tomato)



1 tsp smoked paprika



Capers in brine



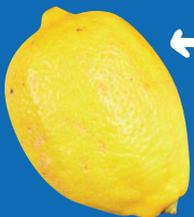
2 tbsp olive oil



10 Green Jumbo Olives



½ Lemon



1 tsp capers in brine



2 garlic cloves



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This dish is really versatile and can be served with rice, in a wrap, with a salad or with cous cous. The strong Mediterranean flavours work so well in this recipe.

INGREDIENTS CHECK LIST

- 480g or 4 fillets MSC haddock, pollock, hoki, cod or hake
- 2 tbsp olive oil
- A pinch salt
- Twist of pepper
- 3 garlic cloves
- 1 tbsp dried oregano
- 2 tbsp sun dried tomato paste (or chopped up sun dried tomato)
- 1 tsp smoked paprika
- 10 green Jumbo olives
- ½ Lemon

METHOD

SERVES 

- 1** Wash your hands well and then check the fish to make sure all the bones and skin have been removed. Place the resulting fish fillets in a mixing bowl.



- 2** Add into the bowl the salt, pepper, oregano, paprika and sun dried tomato paste. Drizzle over the olive oil and the juice of the lemon whilst being careful to discard the lemon pips.



SALT, PEPPER, OREGANO



PAPRIKA



SUN DRIED TOMATO PASTE



OLIVE OIL



LEMON

- 3** Finely chop the garlic, and the capers. Then add them to the bowl with the fish (if you are using capers in salt, wash them in cold water first to de-salt them). Finely slice the green olives and add these to the mixing bowl too.



CHOP,
CHOP!

- 4** Mix all the ingredients well with your hands and then leave to marinate for 10 minutes.



MIX
WELL!

- 5** To cook, place the fish under a hot grill and grill for 5 minutes on each side. Alternatively, gently cook the fillets in a frying pan with a drizzle of oil.



- 6** Serve hot with a salad or some boiled rice.

ENJOY!



COOKING QUIZ



1 Why do you think it's important to eat sustainable cod?

- 1.
- 2.
- 3.

2 Which ingredient would you remove if you were cooking for someone who disliked hot, spicy foods?

.....

3 Which two safety precautions would you take while cooking this dish?

- Taking care while using a knife to slice the garlic
- Using oven gloves to handle the grill
- Using gloves when you mix the ingredients in the bowl



4 White fish is:

- | | | |
|-----------------------|-------------------------------|--------------------------------|
| A source of protein | <input type="checkbox"/> TRUE | <input type="checkbox"/> FALSE |
| High in fat | <input type="checkbox"/> TRUE | <input type="checkbox"/> FALSE |
| A source of vitamin B | <input type="checkbox"/> TRUE | <input type="checkbox"/> FALSE |

HOW MUCH DO YOU KNOW ABOUT POLLOCK?

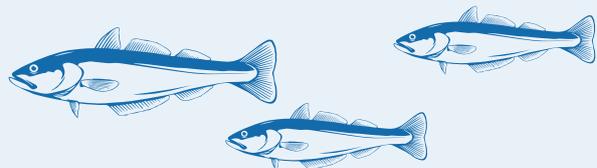
Pollock is a species of white fish that swims in cold waters in the Northern part of our ocean, and lives in large shoals. They can grow to over a metre long. The USA has the largest pollock fishery in the world; it is also one of the world's most valuable fisheries.

5 Pollock tend to swim near the surface of the ocean TRUE FALSE

6 Adult pollock eat other fish, including young pollock TRUE FALSE

7 Lots of the pollock we eat is caught in

- Alaska
- Argentina
- Australia



The Bering Sea fishery is often considered to be one of the best-managed fisheries in the world, making sustainably caught the pollock from that part of the ocean a good choice.