

On the menu – kingklip with white wine and mushroom sauce

On the menu tonight was pan-fried kingklip with a mushroom and white wine sauce. A side of rosemary and garlic oven-roasted sweet potato and a garden salad.

Time: 30 mins

Fun fish finger wraps



It's the middle of the month and the pennies are tight. Our fridge has all kinds of leftover bits and pieces from the weekend and we were stuck for quick 15-minute dinner ideas.

In the fridge we had a handful or two of baby spinach leaves, a bunch of coriander leaves, half a green pepper, some alfalfa sprouts, an avocado, parmesan cheese and a small jar of dressing left over from the polenta crusted chicken caesar salad I made over the weekend.

So I went scratching through the freezer and found some tortilla wraps. These would go perfectly with all the vegies. Now I just needed a protein that was quick to defrost and that the kids would still enjoy. My eyes fell on a half a box of fish fingers. A perfect light-bulb moment.

So without further ado, fun (for the kids) fish finger wraps done in 15 minutes.

Ingredients (for those who like lists)

- 2 handfuls of baby spinach leaves
- 4 sprigs (or a small bunch) of coriander leaves
- half a green pepper
- 4 pinches of alfalfa sprouts (more to taste)
- 1 diced avocado
- 8 slices of parmesan cheese
- 8 cherry tomatoes
- dressing of your choice or some sweet-chili sauce
- about 12 (or more) frozen fish fingers
- 4 tortilla wraps

Dressing – leftover from an earlier dish

- 2 tsp garlic-infused olive oil
- 2 lemons
- 40g parmesan cheese
- 4 anchovy filets
- 4 tbsp fat-free natural yoghurt
- 1 tsp Worcestershire sauce
- 1 tbsp red vinegar
- 1 tsp mustard
- 1/2 bunch fresh coriander
- Squeeze the juice from the lemons and place everything in a food processor and process.

Method

- turn the oven on full whack and set to the grill and bake setting
- spread out the fish fingers on a baking tray and place in the oven for 5 minutes
- meanwhile roughly chop your baby spinach leaves
- dice your avocado, tomatoes and green pepper and divide into four equal heaps
- heat up each individual wrap on a plate in the microwave for 30 seconds (45 if you like it hot)
- 5 minutes would have passed by now, so turn your oven down to 220 degrees C and set to bake

- slice the parmesan cheese into 8 shavings
- after 5 minutes, turn the oven on to the grill and bake setting and turn it down to 200 degrees C
- add the parmesan shavings to the baking tray (with the fish fingers) to melt until golden crisps (it will crisp up while cooling down)
- start assembling your wraps by spreading about a tablespoon full of the dressing, sweet chili sauce or any other sauce (mayo works well too) in a strip on the wrap
- top with the shredded baby spinach leaves, avo, tomato and green pepper as well as a sprig of coriander,
- sprinkle with some alfalfa sprouts
- by now the fish fingers and parmesan crisps are done (15 minutes total), line 3 fish fingers on top of the veggies and place 2 of the parmesan crisps on top
- roll and fold tightly, slice each wrap in half and marvel as the kids devour everything and ask for seconds

This recipe served 2 adults and 2 kids and can be prepared as a lunchtime snack or a fuss-free dinner. Works equally well with chicken or beef.

Tuna fishcakes with paprika lemon mayonnaise

The inspiration for this meal came from a Pick n Pay Fresh Living booklet titled "Dinner time: 7 Quick & easy family meals for under R350", the mayonnaise recipe was found via Epicurious. These are delicious and really simple fishcakes, with a great flavour. Our two year old loved them!

Ingredients:

Fishcakes

- 1 red onion, finely diced
- 3 cans (170g each) light meat tuna chunks in salt water
- 2 tsp fish spice / fish rub
- 1 tsp ground ginger
- 1/4 tsp ground coriander
- 1/4 tsp ground cumin
- Black pepper to taste
- 1 1/2 cups fresh breadcrumbs
- 2 extra-large eggs, beaten
- Cake flour, for dusting
- Canola oil for frying

Mayonnaise

- 1 tsp grated lemon rind
- 1 tbsp lemon juice
- 3/4 cup mayonnaise
- 1/4 tsp paprika
- Dash cayenne pepper

Method:

Fishcakes

1. Mix all the fishcake ingredients together in a medium bowl
2. Shape 1/4 cupfuls of the mixture into patties
3. Dust with the flour just before frying
4. Heat a generous glug of oil in a pan
5. Fry fishcakes for 1-2 minutes per side or until golden
6. Drain on paper towel
7. Serve with fresh coriander, a fresh salad (we had ripe mango on a bed of mixed baby salad leaves), chips, and the mayonnaise

Mayonnaise

1. Whisk together all mayonnaise ingredients in a small

bowl until smooth

Tuna casserole bake

I had some leftover canned tuna the other day and decided to make a nice warm tuna bake to ward off the wintery chill in the air. A quick Google search later, and I had a basic recipe and some ideas to start with. The recipe is mainly adapted from [About.com's Tuna Casserole Recipe](#).

Ingredients:

- 1/4 packet pasta screws, cooked al dente
- 1 splash olive oil
- 1 red onion, chopped
- 1 stalk celery, chopped
- 1 packet soup (I used garden vegetable soup), prepared according to instructions on packet
- 1/4 cup milk
- freshly ground black pepper to taste
- 1 cup frozen mixed vegetables or peas, precooked
- 2 cups grated cheese
- 1 or 2 cans tuna, lightly drained

Method:

1. Preheat the oven to 200 degrees Celsius
2. Saute the onion and celery in a medium pot until softened
3. Add the soup, milk, precooked frozen veggies, 1 cup cheese and black pepper to the pot
4. Simmer, stirring, until all the ingredients are combined and the cheese has melted
5. When it begins to boil turn off the heat and gently fold

in the tuna

6. Add the precooked pasta and toss to coat
7. Pour into a casserole dish
8. Top with remaining cup of grated cheese
9. Bake in the oven for 15 min
10. Grill the top for a few minutes until the cheese is lightly browned

The About.com recipe suggests using buttered breadcrumbs or potato chips as a topping instead of the cheese. This sounds yummy, I'll definitely give it a try sometime! You can also check out the many interesting variations on this dish listed after their [recipe](#).

Unfortunately I didn't take a photo of the dish before we tucked in! Everyone enjoyed it, including my one year old who usually avoids tuna. A winner in my books.