



World  
Cancer  
Research  
Fund



# SOLELY FISH



*make fish your catch of the day*

Dear fellow fish lover,

Thank you for choosing World Cancer Research Fund's cookbook, Solely Fish.

For many people, red meat is the 'go-to' centrepiece of their main meals but there is strong evidence that eating too much red meat isn't good for our health. It is a known cause of bowel cancer – one of the most common cancer types in the UK – which is why World Cancer Research Fund recommends we eat no more than three portions (350–500g cooked weight) of red meat a week. Red meat can also be high in saturated fat, which is linked with high blood cholesterol.

Fish is a healthy, delicious and highly versatile alternative to red meat, which I love to use in my cooking. But I know a lot of people stick to the battered and breaded varieties as they simply don't know what to do with fish.

I hope the recipes in this cookbook will show you just how quick and easy it is to cook fish dishes that the whole family will love.

Please share these recipes with your family and friends, and help World Cancer Research Fund spread their important cancer prevention messages – together we can!

Best fishes



**Nathan Outlaw**  
Chef



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**Nutrition information:** Our nutrition information is calculated by qualified nutritionists and is based on readily available products that contain the lowest possible amount of salt, fat and sugar. This information is to be used as a guide and may vary depending on what products you use. Try to choose foods that contain no added salt or sugar, and opt for low or reduced-fat, salt and sugar versions where possible. If you adjust the recipes using our top tips, the nutrition information will no longer be accurate.

# Grilled Red Mullet on Toast with Tomato Pickle

Based on a recipe by Nathan Outlaw

## Ingredients (serves 4):

4 small, whole red mullets  
(about 200g each), scaled,  
gutted, butterflied and pin-boned

2 teaspoons rapeseed oil

24 cherry tomatoes on the vine

4 thick slices of fresh bread,  
preferably wholemeal

200g rocket leaves

### Tomato pickle:

1 teaspoon rapeseed oil

1 red onion, finely chopped

2 cloves garlic, finely chopped

1 teaspoon cumin seeds

½ red chilli, deseeded and chopped

Pinch of saffron strands (optional)

1 lemon, finely grated zest

500g ripe tomatoes, skinned  
and chopped

30g brown sugar

75ml red wine vinegar

## Method:

**Tomato pickle:** Warm 1 teaspoon of oil in a pan over a medium heat. Cook the onion until it starts to soften. Add the garlic and cook for a further minute. Meanwhile, toast the cumin seeds in a small dry frying pan until fragrant.

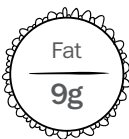
Transfer the toasted cumin seeds into the pan with the onion and garlic, then add the chilli, saffron and lemon zest; and cook for 1 minute.

Into the same pan, add the chopped tomatoes and cook for 10 minutes. Then add the sugar and wine vinegar and cook for about 20 minutes, until the mixture reaches a 'jammy' consistency.

**Fish:** Preheat the grill to a medium-high heat. Brush the fish skin with 1 teaspoon of the oil and place, skin-side up, on a grill tray with the cherry tomatoes. Grill for 4 minutes or until the fish is just cooked through (the flesh should no longer be translucent).

**To serve:** Toast the bread and place each slice on a warmed plate. Spoon 2 tablespoons of tomato pickle onto the toast, and top with the grilled fish and tomatoes. Add the remaining teaspoon of oil to the grill tray and mix with the fish and tomato juices to make a dressing, then drizzle over the fish. Finish with a handful of rocket leaves, and serve.

## Per portion:



## Top tips:

If red mullet isn't available, red snapper makes a good substitute in this recipe.

Instead of fresh tomatoes, a 400g can of good quality canned tomatoes also works in this pickle. You will need to reduce the amount of sugar to 25g and red wine vinegar to 60ml.

If you make more pickle than you need, keep the rest in the fridge and use within 4 weeks.



Taken from *Nathan Outlaw's Fish Kitchen* (Quadrille), photograph: David Loftus

# Citrus Salmon Parcels



## Ingredients (serves 2):

2 fillets skinless salmon  
(about 120g each)

1 clove garlic, finely diced

½ lemon, juice and zest

Handful fresh parsley, chopped

Freshly ground black pepper,  
to taste

1 medium courgette, trimmed  
and grated

1 small red onion, very thinly  
sliced

120g dried quinoa, cooked as  
instructed

160g broccoli, steamed for  
5–6 minutes before serving

## Per portion:



## Method:

Preheat the oven to 230°C/Fan 210°C.

Cut 2 pieces of foil, each about 30cm by 15cm. Place a fillet of salmon in the centre of each piece of foil.

Add the garlic, lemon juice and zest, parsley and black pepper into a bowl; and mix. Then add the courgette and onion; and stir.

Spoon half of the courgette mixture over each of the salmon fillets.

Wrap up the foil parcels, lifting up the long sides and crimping the edges to seal. Place the parcels on a baking tray and cook in the preheated oven for 15 minutes.

Carefully open the parcels and slide the fish onto a plate, along with the vegetables and juices. Serve with quinoa, seasoned with black pepper, and broccoli.

## Top tip:

This is a healthy way to cook any fresh or frozen fillet of fish. Adding a splash of water will help to keep the fish moist. You can also try adding other types of vegetable to the parcel, such as finely sliced green beans, peppers, fennel or aubergine.



# Kedgerree



## Ingredients (serves 2):

- 150ml skimmed milk
- 1 fillet skinless white fish, such as haddock (about 140g)
- 160g frozen peas or petit pois
- 120g dried brown rice
- 150ml water
- 1 teaspoon vegetable oil
- 1 small onion, chopped
- 1 teaspoon curry powder
- Small handful parsley, chopped
- 2 medium eggs, boiled to taste and peeled
- ½ lemon, cut into wedges

## Per portion:



## Method:

Heat the milk in a heavy-based saucepan over a high heat. Allow the milk to just start boiling before reducing the temperature until it is gently simmering. Add the fish to the simmering milk and poach for 3 minutes before adding the peas. Poach for a further 3–5 minutes, until the fish can be flaked easily.

Drain the milk into another saucepan, flake the fish, and set aside the fish and peas until needed. Add the rice and water to the warmed milk. Cover the pan and cook over a medium heat for about 15–20 minutes, until most of the liquid has been absorbed and the rice is tender. Drain off any excess liquid, and add the fish and peas to the rice. Cover and set aside.

Warm the oil in a pan over a medium heat. Cook the onion and the curry powder for about 5 minutes, until the onion is soft. Remove the pan from the heat; then add the onions to the rice, flaked fish and peas. Add the parsley and gently stir until mixed thoroughly.

Spoon onto two warmed plates, top with boiled egg (whole if soft or sliced if hard-boiled) and a wedge of lemon.

## Top tip:

This also tastes delicious served cold. If you make more than you need, store a portion in the refrigerator to eat the next day.





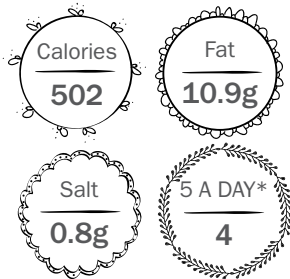
# Herby Fish 'n' Chips



## Ingredients (serves 2):

- 1 tablespoon vegetable oil
- 1 large sweet potato, washed and cut into wedges
- 1 teaspoon smoked paprika (optional)
- 2 fillets skinless white fish, such as cod (about 140g each)
- 1 teaspoon reduced-fat spread, melted
- 30g wholemeal breadcrumbs
- ½ lemon, zest and juice (remaining ½ cut into wedges)
- 1 teaspoon Parmesan cheese, finely grated
- Handful fresh parsley, chopped
- 160g frozen peas or petit pois
- Handful mint, chopped (optional)

## Per portion:



## Method:

Preheat the oven to 200°C/Fan 180°C.

Pour the oil into a non-stick roasting tin, and place in the oven to warm for 2–3 minutes. Remove the roasting tin from the oven and add the sweet potato wedges. Gently shake the tin until the wedges are coated with a thin layer of oil, then sprinkle with paprika. Return the roasting tin to the oven to cook for around 30 minutes, turning at least once, until cooked through and golden brown.

While the wedges cook, place the fish onto a foil-lined baking tray.

In a bowl, mix together the melted spread, breadcrumbs, lemon zest and juice, Parmesan cheese and parsley. Spoon half the mixture onto each fish fillet and spread to cover the top.

Place in the oven, beneath the wedges, and cook for 10–12 minutes, depending on the thickness of the fillet, until the fish is opaque and flaky.

Cook the peas as instructed. Drain and serve, or add the mint and mash using a fork or blender.

Serve immediately, with a wedge of lemon.

## Top tip:

Add 1 tablespoon of low-fat plain yoghurt to the peas for a richer flavour.

\* While the sweet potato in this recipe counts as more than one of your 5 A DAY portions, it is worth remembering that consuming a variety of vegetables and fruit is important.



# Fish Curry with Noodles

## Ingredients (serves 2):

2 teaspoons vegetable oil  
1 teaspoon ground coriander  
1 teaspoon ground cumin  
1 teaspoon ground turmeric  
1 medium onion, finely diced  
1 red pepper, sliced lengthways  
1–2 green or red chillies,  
deseeded and finely diced,  
or 1 teaspoon chilli flakes  
2 medium tomatoes, diced  
2 cloves garlic, finely diced  
150ml skimmed milk  
2 fillets skinless white fish,  
such as tilapia (about 140g  
each), diced  
120g dried rice noodles, cooked  
as instructed

## Method:

Heat 1 teaspoon of the oil in a large, heavy-based pan over a medium-high heat. Cook the coriander, cumin and turmeric for 3 minutes. Then remove from the heat.

In another pan, heat the remaining oil over a medium-low heat. Cook the onion, pepper, chilli, tomato and garlic, stirring regularly until it forms a rough paste. Add the cooked spices and mix; then slowly mix in the milk. Bring to the boil, reduce the temperature and simmer for 2 minutes.

Add the fish and cook for about 5 minutes, until the fish starts to flake. Serve with the noodles.

## Top tip:

Prawns taste delicious in this recipe instead of some or all of the fish.

Per portion:





# Oriental Fish Cakes



## Ingredients (serves 2):

1 teaspoon olive oil  
 .....  
 2 spring onions, trimmed and  
 thinly sliced  
 .....  
 1 red chilli, deseeded and finely  
 chopped  
 .....  
 2cm root ginger, peeled and  
 finely chopped  
 .....  
 1 medium egg  
 .....  
 Small handful fresh coriander,  
 finely chopped  
 .....  
 1 fillet skinless salmon (about  
 120g), baked, grilled or poached,  
 and flaked  
 .....  
 Freshly ground black pepper,  
 to taste  
 .....  
 225g potatoes (suitable for  
 mashing), peeled and boiled  
 .....  
 50ml skimmed milk  
 .....  
 2 teaspoons white self-raising  
 flour  
 .....  
 1-2 tablespoons wholemeal plain  
 flour  
 .....  
 Spray oil  
 .....  
 160g rocket or other salad leaves  
 .....  
 ½ lime, cut into wedges  
 .....

## Method:

Warm the oil in a pan over a medium heat. Cook the spring onions, chilli and ginger until the onions are soft. Remove from heat.

Whisk the egg; then add the coriander, flaked salmon, black pepper and the cooked spring onions, chilli and ginger; and stir.

Mash the potatoes, adding skimmed milk as necessary, until no lumps remain. Sift the self-raising flour over the top of the mashed potato; and mix using a fork.

Add the egg mixture to the potato and mix in thoroughly. Then divide into four equal-sized balls and shape into fish cakes.

Dust the wholemeal plain flour over a plate. Roll the fish cakes in flour.

Coat a frying pan with spray oil, and place over a medium-high heat. Add the fishcakes and fry on each side until golden.

Serve immediately with the rocket and a wedge of lime.

## Per portion:





# Cheesy Tuna Pasta Bake



## Ingredients (serves 2):

120g dried wholewheat penne

2 teaspoons olive oil

½ medium onion, finely sliced

1 clove garlic, finely diced

400g can chopped tomatoes

160g can tuna in spring water,  
drained and flaked

Handful fresh basil, chopped

160g fine beans, trimmed and  
cut in half

198g can salt-free sweetcorn,  
drained

Freshly ground black pepper,  
to taste

20g reduced-fat mature Cheddar  
cheese, grated

30g wholemeal breadcrumbs

1 teaspoon dried oregano

160g mixed salad leaves

2 teaspoons balsamic vinegar

## Method:

Preheat the oven to 190°C/Fan 170°C.

Cook the pasta in boiling water according to the instructions on the packet, without adding salt. When cooked, drain and cover.

Warm 1 teaspoon of olive oil in a large saucepan over a medium heat. Cook the onion until it starts to soften. Add the garlic and cook for a further minute. Then add the tomatoes, tuna, basil and vegetables; and stir thoroughly. Season with black pepper. When the tomatoes start to simmer, add the cooked pasta, stir through and transfer to an ovenproof dish.

Mix the grated cheese, breadcrumbs and oregano, and sprinkle evenly over the pasta. Place in the oven to bake for around 15 minutes, or until the top is golden.

Spoon the pasta bake onto two plates, and add half the salad leaves to each plate. Mix the balsamic vinegar with the remaining olive oil, drizzle over the salad, and serve.

## Per portion:



\* While the tomato in this recipe counts as more than one of your 5 A DAY portions, it is worth remembering that consuming a variety of vegetables and fruit is important.





# Cancer Prevention Recommendations



## **Be a healthy weight**

Keep your weight within the healthy range and avoid weight gain in adult life



## **Be physically active**

Be physically active as part of everyday life – walk more and sit less



## **Eat a diet rich in wholegrains, vegetables, fruit and beans**

Make wholegrains, vegetables, fruit, and pulses (legumes) such as beans and lentils a major part of your usual daily diet



## **Limit consumption of 'fast foods' and other processed foods high in fat, starches or sugars**

Limiting these foods helps control calorie intake and maintain a healthy weight



## **Limit consumption of red and processed meat**

Eat no more than moderate amounts of red meat, such as beef, pork and lamb. Eat little, if any, processed meat



## **Limit consumption of sugar-sweetened drinks**

Drink mostly water and unsweetened drinks



## **Limit alcohol consumption**

For cancer prevention, it's best not to drink alcohol



## **Do not use supplements for cancer prevention**

Aim to meet nutritional needs through diet alone



## **For mothers: breastfeed your baby, if you can**

Breastfeeding is good for both mother and baby



## **After a cancer diagnosis: follow our Recommendations, if you can**

Check with your health professional what is right for you

**Not smoking and avoiding other exposure to tobacco and excess sun are also important in reducing cancer risk.**

**Following these Recommendations is likely to reduce intakes of salt, saturated and trans fats, which together will help prevent other non-communicable diseases.**

## About us

World Cancer Research Fund is the leading UK charity dedicated to the prevention of cancer. Our mission is to champion the latest and most authoritative scientific research from around the world on cancer prevention and survival through diet, weight and physical activity so that we can help people make informed lifestyle choices to protect themselves against cancer.

Currently, one in two people born in the UK after 1960 will develop cancer at some point in their lives, but around 40 per cent of cancer cases could be prevented. By following our Cancer Prevention Recommendations, choosing not to smoke (or giving up smoking) and being safe in the sun, you will have the best chance of living a life free from the disease.

The cornerstone of our research programme is our Continuous Update Project (CUP). It's the world's largest source of scientific research on cancer prevention and survival through diet, weight and physical activity. A panel of world-renowned independent experts review the scientific research to develop Cancer Prevention Recommendations based on the best evidence. Find out more: [wcrf-uk.org/our-research](https://wcrf-uk.org/our-research)

## Contact us

We're always looking for ways to improve the information we provide. If you have any comments or suggestions about any aspect of this booklet or our other health information, please contact us at [resources@wcrf.org](mailto:resources@wcrf.org) with your feedback.



For any enquiries or to request the information  
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