



SPAGHETTI MARINARA

Fish main course: This recipe provides a portion of vegetables, starchy foods and fish. It counts towards the food-based standard for lunch to provide a portion of starchy food each day and a portion of oily fish once every three weeks.

Recipe adapted from: Lancashire County Commercial Group

Ingredients

500G wholewheat spaghetti
600G MSC fish pie mix (Marine Stewardship Council certified)
10ml olive oil
100g onion, peeled and diced
100g carrot, peeled and diced
100g celery, diced
1kg canned tomatoes
100g broccoli florets, trimmed
100g garlic purée
2g (¾tsp) dried mixed herbs

Method

1. Cook the wholewheat pasta according to the manufacturer's instructions. Then drain.
2. Poach the fish in a large pan or steam in a little water.
3. Heat the oil in a pan, add the diced onion, carrot and celery and cook for 5-10 minutes or until they are soft.
4. Add the tomatoes, broccoli, garlic purée and mixed herbs and stir.
5. Bring to the boil, then simmer slowly for 45 minutes.
6. At this point the tomato sauce can be blended or left chunky. Flake the poached fish into the sauce and combine.
7. Stir the cooked pasta into the sauce and place in the serving dishes.

Serving suggestion: seasonal vegetables or salad.



Number of portions this recipe makes:

10 primary servings (305g)
7 secondary servings (440g)



Prep: 15 minutes
Cook: 1 hour



Allergy information:

Celery, fish, sulphites, wheat (gluten)



Top Tips

Provide tasters to this dish for pupils before introducing onto the menu.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils based on unsaturated fats.