

# FAST FISH TOASTIE

SERVES AS MANY AS ARE HUNGRY

healthy  
**NOSH**  
FOR LESS DOSH

## Fast Fish Toastie

*Peckish and need something quick and tasty? Tuck into this quick and easy alternative to pizza! For this recipe you could use a baguette, muffins or even crumpets instead of bread rolls.*

It's as simple as this:

1. Cut a large bread roll in half and spread a large teaspoon (or more!) tomato pasta sauce on each half.
2. Mash your favourite tinned fish with a fork (salmon/tuna/pilchards are examples) and spread on top of the sauce.
3. Next add some chopped vegetables such as peppers, tinned sweetcorn and/or mushrooms and finish off with a sprinkle of grated low fat cheese.
4. Place under a pre-heated grill for about 1-2 minutes or until the cheese has melted. ENJOY!


## Tip

Fish is good for you – it is an excellent source of protein and contains essential vitamins and minerals. Oily fish, such as sardines, mackerel, trout, salmon (fresh or canned) and fresh tuna are rich in essential fatty acids, which can help prevent heart disease. We should be aiming to eat more oily fish but not more than two portions a week for girls, women intending to have children, pregnant and breast feeding women and four portions a week for other women, men and boys.



Hot Tip  
No.6

grate **cheese** to make it go **further** and use a strong **flavoured cheese** like **mature cheddar**, as you will need to use **less** of it to **flavour**.

 cut out those fatty feasts

