

Fruity sea bass salad

Ingredients

200g cooked noodles, cooled
1 carrot, topped and tailed
200g can of peaches in natural juice, drained
1 stick of celery
Small handful of coriander
30ml reduced fat dressing
1 sea bass fillet, cooked



Equipment

Mixing bowl, chopping board, peeler, grater, vegetable knife, fork, 2 mixing spoons, 4 small serving bowls.

Method

1. Place the noodles in the mixing bowl.
2. Peel and grate the carrot. (Child with an adult.)
3. Add the carrot to the noodles.
4. Chop the peaches in to chunks and add to the bowl.
5. Thinly slice the celery and add to the bowl. (Adult support with vegetable knife.)
6. Tear the coriander in to pieces over the bowl.
7. Pour in the dressing and mix together using two spoons (lift the noodles to help mix in the dressing).
8. Divide the noodles into four bowls.
9. By hand, break up the sea bass and arrange on each bowl of noodles.

Serves:

4 children.

Suggestions:

Add other vegetables to your sea bass salad, e.g. peppers, mushrooms, sweetcorn.

You could use frozen sea bass.

Top your salad with other types of fish, e.g. smoked mackerel.

Top tip:

How to cook your sea bass:

1. Preheat the oven to 200°C or gas mark 6.
2. Wrap the sea bass in foil and place on a baking tray.
3. Bake for 10-15 minutes.
4. Remove from the oven and set aside to cool.