

Fishbox Recipes for you

A selection of our favourite recipes, tips for using up the fish in your freezer and the latest news from Magnus and Fiona.



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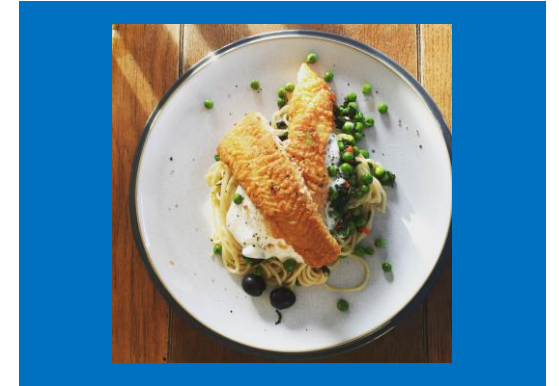
At every stage of your Fishbox's journey, we take pride in ensuring your delivery is packed with the freshest Scottish seafood, sourced from small, local fishing boats.

We know that sometimes in our busy lives we throw food in the freezer for it never to be seen again! We want to help combat this with our fresh seafood revolution!

So to help you get inspired, we've put together our favourite recipes and cooking tips to get you back in the kitchen and to get your fish out of the freezer!

We want you to enjoy every portion of fish we carefully source & prepare for you.
So let's get cooking!!

From The Fishbox Team

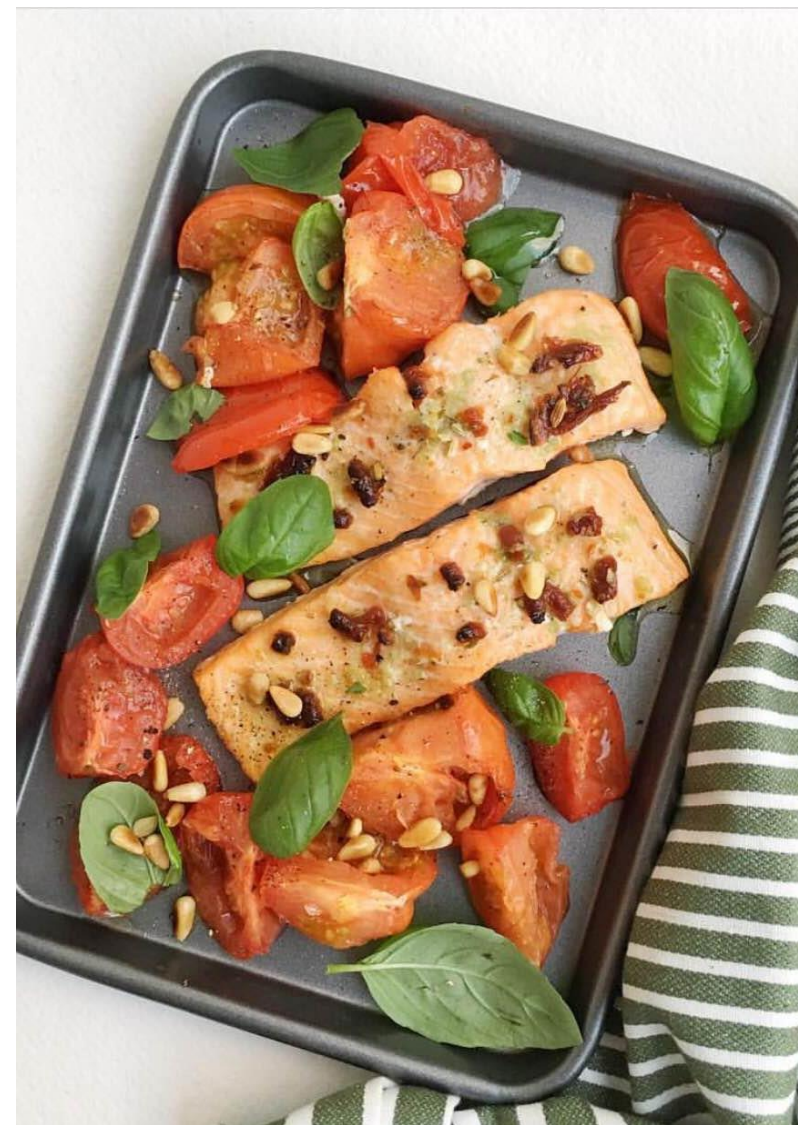


How to quickly and safely defrost fish

All Fishbox fish arrives fresh so it is perfectly safe to pop some of your extra portions in the freezer to enjoy at a later date. As a rule, we suggest you defrost and use up your fish within 3 months of being frozen, so it maintains its great taste and quality.

Since our fish is so fresh when it arrives at your door it will still taste amazing after being frozen! We know that often dinner needs to be quick and convenient and many of our customers ask us how to defrost their Fishbox fish quickly and safely.

So here is our step by step guide...



Defrost your fish- Safely and Quickly

Step 1

To quickly thaw fish, first place the fish in a sealable plastic bag. If you've kept your fish portions in the vacuum-sealed Fishbox bag you can leave it in its packaging.

Step 2

Fill a dish with cold water and immerse the sealed fish. Leave a cold tap running over the packet until it has fully defrosted. Change the water in the bowl to speed up thawing. Depending on the size of the portion the fish should be fully defrosted within 20 mins to 1 hour.

Once defrosted always cook fish immediately.
Enjoy!!



How to cook tasty fish from frozen

If you don't have time to defrost your fish you could try cooking it sous vide from frozen in its vacuum pack.

Step 1

Fill a large pan with cold water and put on the stove on a medium heat. Place the fish fillet still in its bag into the pan.

Step 2

Cook for around 30 minutes for a 1-inch fillet. Carefully remove from the water, let it cool slightly then cut the bag open to remove the fish.

Serve with salt, pepper & a squeeze of lemon.

Top Tips

To add a little flavour, you could try patting the fish dry and searing it in a hot frying pan or skillet for 30 seconds. This works best for skin on fish as the skin will become crispy and delicious!



Fishbox Recipes

Sit back and relax- every recipe in this book is quick and easy. You can use any fish in your fridge or freezer.



Summer trout served with pea shoot, strawberry and avocado salad

* Take your trout/salmon out of the freezer and run under cold water while you prepare your marinade *

Pea shoots, avocado, red onion, strawberries. Fish- ½ lemon juice, garlic, olive oil 1tsp mustard. Basil Oil- 20g basil, olive oil, ½ tsp salt.

1. Prepare marinade, leave fish for 15 mins. Blitz basil with oil & salt in food processor.
2. Arrange washed pea shoots, avocado, strawberries and red onion on a plate. Pan fry trout for about 3 mins on each side.
3. Arrange on salad and drizzle with basil oil.



Roasted fish with coconut oil, cayenne, thyme and giant couscous

by Morven Bridges

* Use ANY white fish in your freezer*

Fish fillets, coconut oil, cayenne pepper, thyme, salt & pepper, giant couscous, tomato stock cube, fresh parsley to garnish

1. Rub the fish with the coconut oil, then sprinkle with cayenne pepper and thyme. Cook the fish in a hot oven for 10 minutes.
2. Meanwhile, prepare the couscous by mixing it with tomato stock until all the liquid is absorbed.
3. Serve the cooked fish with the couscous and garnish with a sprinkle of chopped parsley.



Brazilian Fish Stew

* Use any fish and shellfish you have in the freezer- the more variety the better!*

Ready in 35 mins for the whole family

3 garlic cloves, 4 tbsp. lime or lemon, 2 tbsp. olive oil, 2 onions, 4 peppers, 4 spring onions, 400g tinned tomatoes, 400g coconut milk, 1tbsp paprika/cumin/chilli flakes, coriander, salt & pepper

1. Pop the seafood into a bowl and add the crushed garlic, lime juice , cumin, paprika, and some salt and pepper. Make sure the seafood is well coated and leave to marinade.
2. Cook onion, peppers & chilli flakes in a pan. Stir in chopped tomatoes & spring onions. Simmer for 5 mins then add coriander. Add seafood in the pan, mix well to cover with veg.
3. Pour in coconut milk, simmer for 15 mins. Add seasoning to taste; lime, paprika, chilli or salt & pepper.
4. Serve with rice/crusty bread and garnish with coriander.



Pan-fried fish with potato, chorizo and pea fricassee

by Trudy Houston

* Use ANY fish in your freezer and simple ingredients found in your cupboard*

25g butter, 1 lemon, olive oil, chorizo, potatoes, paprika, 125ml veg stock, 150g peas

1. Fry off chorizo, add potatoes, paprika and cook for 5 mins. Add veg stock and turn up heat. Boil for 8-10 mins until liquid has nearly all evaporated. Add peas and cook for 2 mins.
2. Heat butter in a pan and fry fish. While cooking squeeze juice $\frac{1}{2}$ lemon (other half can be served on the side).
3. Spoon fricassee onto plate and sit fish on top. Drizzle the lemon juice over the fish.



Sweet Tomato Fish Tagine

* Use ANY white fish in your freezer*

White fish fillets, carrots peeled and cut into pieces, 6 tbsp. tagine sweet tomato sauce, 3 large tomatoes, can of peeled tomatoes, red onion, 2 garlic cloves, preserved lemon, 3 tbsp. olive oil, couscous, coriander, saffron

1. Cut fish into large pieces and marinade in tagine sauce. Using a tagine or casserole dish, fry onions & garlic in oil. Add saffron, preserved lemons, carrots, fresh tomatoes and continue cooking until soft.

2. Add tinned tomatoes and 2 tbsp. of tagine sweet tomato sauce, bring to boil. Cover and leave for 20 mins to gently cook. Add fish and heat for 8 minutes until cooked.

3. Season to taste and sprinkle with coriander. Serve with couscous.



Breaded fish with spaghetti, peas, spinach & sour cream

Use any white fish, ready in 30 mins

1 tsp paprika, 1tsp cumin, flour, 1 fresh chilli, 2 cloves garlic, 150g peas, spinach, spaghetti, sour cream, lime juice, olives

Dust fish fillets in flour & spices. Lightly cook chilli and garlic. Place fillets in hot pan, leaving them to cook without touching for 5 mins- letting the flour bind.

Turn fish over and cook through. Cook spaghetti, frozen peas and spinach.

Pile up veg and spaghetti and add a dollop of sour cream. Place fish fillets on top to serve with a squeeze of lime and olives.



Fishbox Extras

You can add extra items to your Fishbox delivery!

You don't usually see these products in your Fishbox, so it is a great chance to add on something special, such as an entire side of salmon – perfect for a family gathering!

How it works

On the Thursday the week prior to your Fishbox being despatched you will receive an email which will tell you what seafood we have fresh in that week.

You can then select the product and quantity you want and add it to your basket.

One of the Fishbox team will email to confirm your order and take payment using the debit / credit card registered to your account.

Now relax and wait for your extra seafood goodies to be delivered with your Fishbox!



Improving Fishbox

We listen to your feedback because we want to make Fishbox better for everyone.

We are continuing to develop our algorithm with the Institute of Aquaculture at University of Stirling. This is a working progress but a project we are very proud of. We are very excited that our algorithm has the potential to become a blueprint for ordering systems throughout the industry, helping to reduce waste for businesses across the country.

On top of that, the algorithm will guarantee you the best variety and ensure you're always trying new, delicious fish.

Magnus and Fiona



Our Fishbox family has grown!

We're delighted to announce that Magnus and Fiona are now the proud parents of two beautiful babies!!

Mag and Fi are taking parenthood in their stride and they are already making plans for the twins to join the Fishbox Team!



*Magnus, Fiona
Florence &
Arran*

The background of the slide is a collage of various images related to fishing and seafood. It includes close-ups of fish, fishing nets, and other maritime equipment. A large blue rectangle is positioned on the left side of the slide.

Thank You

Thank you for all of your support!

Please keep sending in your photos, recipes and spreading the word
of Fishbox!

We love to see what you cook up with your delivery!

You can even earn **extra seafood** when your friend signs up to their first
Fishbox.

Refer a Friend using our online form. They will sign up using code: 'Friend'.

They get £10 off their first Medium or Large box.

You earn extra seafood goodies!