



12033 Tecumseh Rd. E Unit#1 Windsor, ON N8N 1M1
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FISH RECIPE

Fish Curry

Ingredients:

1 portion fish filet
1 portion tomatoes
Dried chilli pod
Fresh Ginger
2 tbsp Curcuma
2 tbsp Cumin
2 tbsp paprika powder
Mustard powder
Salt



Preparation:

1. Cut fish into bite size pieces. Wash tomatoes and cut into quarters. Rinse and clean the chilli and chop into small pieces. Peel and chop the Ginger.
2. Put a little water in a pan and heat up. Cook herbs at a low heat, constantly stirring.
3. Add tomatoes and cook shortly while stirring. Add about 50ml water, allow to cook and add salt.
4. Place the fish pieces in pan. Allow to cook at medium heat with lid slightly open until done.

Fish-Filet Julienne

Ingredients:

Fish, filet (protein portion)
zucchini, leeks, tomatoes
salt, pepper to taste
balsamic vinegar

Preparation:

1. Preheat oven 355° F (180° C), clean vegetable (except the tomato) and cut in very fine strips, blanch quickly.
2. Wrap tomatoes in aluminum foil and bake for 20 min. Spice fish, set into a baking dish and bake with tomatoes or alternatively: boil in frying pan with very little water.
3. Add balsamic vinegar to vegetables to your liking and serve with tomatoes and fish.





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Tuna - Zucchini rolls

Ingredients (for 1 serving)

1 serving of veggies (Zucchini, leek, spring onion)
Salt, Pepper, Basil
1 Serving of tuna (out of the box without oil)
Organic apple cider vinegar

Method:

1. Wash Leek, clean and cut into long thin strips. Blanch in salted water, wash in ice water and drain in a colander.
2. Wash Zucchini and longitudinally peel the pulp with a potato peeler. Salt the zucchini strips and allow to stand briefly.
3. Wash Spring onion, clean and cut into thin slices. Wash, dry, and chop the basil.
4. Puree Tuna, season with salt and pepper. Mix in the spring onion and basil.
5. Coat the Zucchini strips with the tuna mix and tie together with Leek strips.
6. Rolls seasoning with pepper and sprinkle with vinegar. Refrigerate at least 1 hour.
Garnish with basil before serving.

