

3 HEALTHY WEEKNIGHT DINNERS

PILCHARD BURGERS

Serves 4

INGREDIENTS

For the patties:

2 medium sweet potatoes, peeled and chopped
1 tin Lucky Star Pilchards in Sweet Chilli Sauce
½ onion, finely chopped
Handful fresh parsley, chopped
1/3 cup breadcrumbs
½ cup flour
1 egg, beaten
1 cup corn flakes, crushed
Salt and pepper, to season

For the burgers:

4 wholewheat bread rolls
Fresh rocket
½ cucumber, sliced into ribbons using a vegetable peeler
Sweet chilli sauce
¼ cup mayonnaise


METHOD

For the patties:

1. Boil the sweet potatoes in water until just falling apart. Drain and mash until smooth.
2. Debone pilchards and flake. **Chef's Tip: This is an optional step as the bones are safe to eat.*
3. In a large bowl, mix together flaked pilchard, mashed potato, onion, a tablespoon or two of sauce from the tin, freshly chopped parsley and the breadcrumbs. Season with some salt and pepper to taste. The mixture should hold together well.
4. Form medium sized balls in your hands and press down to form patty shapes.
5. Crush the corn flakes and place in a shallow bowl.
6. Dust each patty with flour, then dip into the egg, then crushed corn flakes.
7. Place on a tray and refrigerate for 15 minutes.
8. Remove patties from the fridge. Heat a tablespoon of oil in a shallow pan and fry patties for 10-15 minutes on either side, until golden and crispy.

To assemble:

1. Slice buns in half and lightly toast them in the hot pan.
2. Spread a generous amount of mayonnaise the inside of each half.


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3. Pile some fresh rocket, your Pilchard patty and cucumber ribbons on top of each other, finish with a drizzle of sweet chilli sauce and ENJOY!

SPAGHETTI AND PILCHARD MEATBALLS

Serves 4


INGREDIENTS

For the pilchard meatballs:




2 tins Lucky Star Pilchards in Tomato Sauce
1 egg
1 cup breadcrumbs
Salt and pepper, to season

For the sauce:



2 tbsp olive oil
1 onion, thinly sliced
2 cloves garlic, crushed
1 tin whole tomatoes in sauce
300g spaghetti

Serving suggestion:




Fresh basil leaves
¼ cup parmesan shavings (optional)


METHOD

For the pilchard balls:

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1. Preheat the oven to 180°C.
 9. Remove the Lucky Star pilchards from the tin, reserving the tomato sauce, and place them into a bowl. Debone and flake. **Chef's Tip: This is an optional step as the bones are safe to eat.*
 2. Combine with remaining pilchard meatball ingredients and mash with a fork.
 3. Roll a tablespoon of mixture into small meatballs with your hands. Repeat with remaining mixture.
 4. Place fish meatballs on a baking tray, and refrigerate for about 10 minutes.

For the sauce:

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1. While the meatballs chill, start the tomato sauce. Heat the olive oil over medium heat in a large pan. Cook the onions and garlic until they soften, about 5 minutes.
 2. Add the tin of tomatoes and the reserved Lucky Star tomato sauce. Season with salt and pepper and simmer for 10-15 minutes on low heat.

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3. Take the fish meatballs out of the fridge, and bake them in the oven for 10-15 minutes until golden and cooked.

To assemble:

1. Cook the spaghetti as per pack instructions. Toss in the tomato sauce and serve with the fish meatballs on top.
2. Garnish with fresh basil leaves and parmesan shavings and ENJOY!

CHEESY PILCHARD & BROCCOLI BAKE

Serves 6

INGREDIENTS

- 1 tin LUCKY STAR Pilchards in Tomato Sauce, deboned and flaked
- 2 cups broccoli florets
- 3 cups cooked rice
- 2 cups grated cheddar cheese
- 3 tbsp butter
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 3 tbsp flour
- 2 cups milk

Serving suggestion:

Freshly chopped parsley
Green salad

METHOD

1. Preheat the oven to 200°C and grease a casserole dish.
10. Remove the Lucky Star pilchards from tin, reserving the tomato sauce. Debone and flake. **Chef's Tip: This is an optional step as the bones are safe to eat.*
2. Roughly chop the broccoli florets into smaller, bite-sized pieces. Combine the broccoli, cooked rice, about ¾ of the grated cheese, the flaked Lucky Star pilchards and the reserved sauce from the Lucky Star tin in a large bowl.
3. Melt the butter in a small sauce pot over medium-low heat. Fry the onion and garlic until the onions are soft and transparent, about 2-3 minutes. Add the flour and stir until a paste forms. Continue to stir and cook the paste for about two minutes.
4. Whisk the milk into the butter and flour mixture. Turn the heat up to medium. Continue to whisk the mixture as it heats, allowing it to reach a simmer, at which point it will thicken. Remove the sauce from the heat. Season with salt and pepper.
5. Spoon the rice mixture into the casserole dish. Pour the creamy sauce over the rice and smooth it out. Top with the remaining grated cheddar cheese.
6. Bake for 35-40 minutes, or until the cheese melts and turns golden.
7. Serve with a fresh green salad and ENJOY.