

مركز أبوظبي  
للصحة العامة  
ABU DHABI PUBLIC  
HEALTH CENTRE



# little chefs



## By the Sea

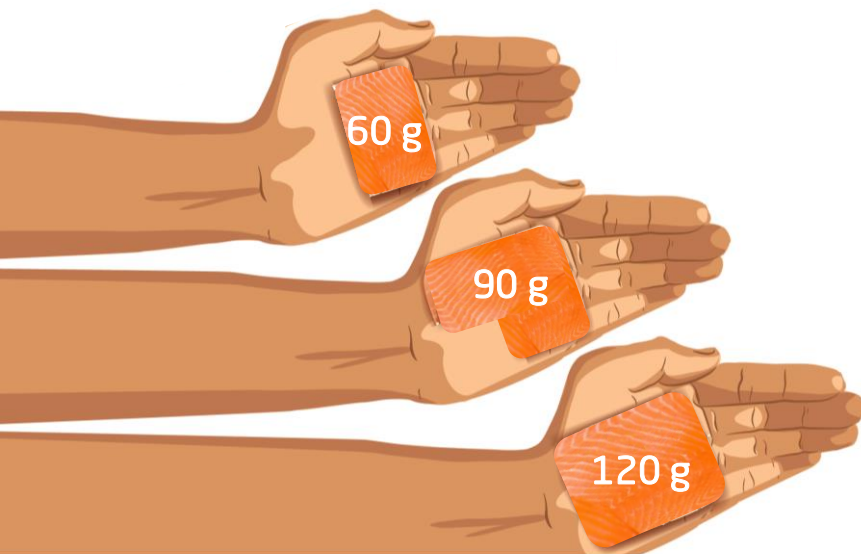
Explore easy, healthy recipes  
just for you!



# Portion Size

How Much Should My Child Eat?  
Eat 2 servings of seafood a week.

Age (years)	Grams (g)
4-7	60
8-10	90
11-13	120



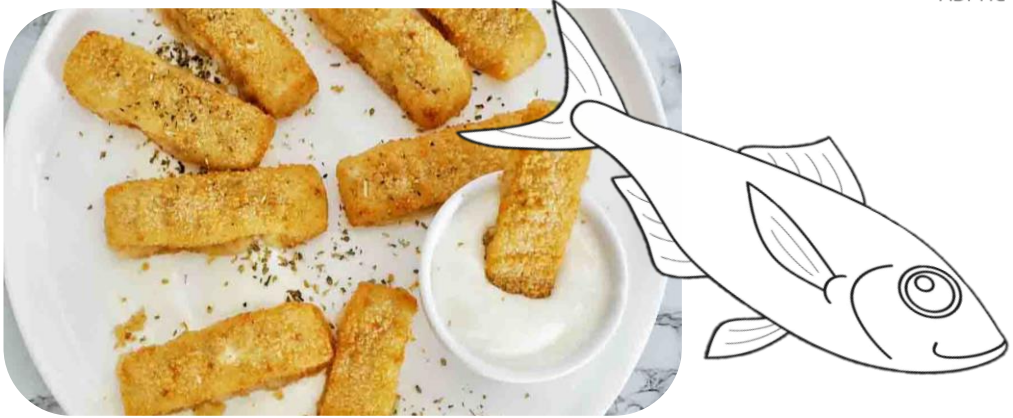
# Remember

You must seek the help of adults when preparing any meal

**Disclaimer:** Please make sure you are not allergic to seafood before using these recipes.



# Baked Hamour (Grouper) fishfingers



## Ingredients:

- 500 g Hamour fillets\*
- 1 cup cornflakes
- 2 cups panko breadcrumbs
- 4 eggs
- 1 tablespoon dried mixed herbs
- ¼ teaspoon salt

## Dipping Sauce:

- ½ cup Greek yoghurt
- ½ teaspoon garlic, minced
- 2 teaspoons lemon juice and the rind of ½ a lemon
- 2 tablespoons parsley, chopped
- 1 tablespoon chives, chopped

Mix and serve.

## Steps:

1. Cut the Hamour fillets into fingers or bite-sizes.
2. Lightly crush the cornflakes and combine with panko breadcrumbs in a bowl. Add the herbs and salt.
3. Whisk eggs in another bowl.
4. Dip the Hamour in the egg mixture, then in the crumbs, and sprinkle more until it's fully coated.
5. Lightly grease a baking tray and place the salmon fingers into a pre-heated oven at 190 C for 15-20 minutes until cooked through.

# Jasheed rice balls



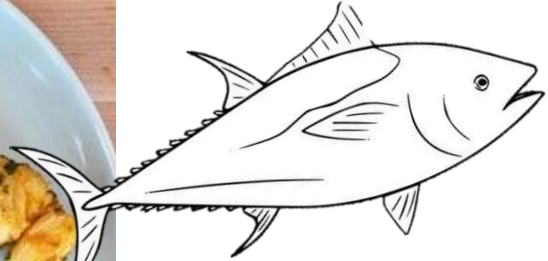
## Ingredients:

- 2 cups of Jasheed (Fresh local baby shark marinated with Emirati spices and aromatic herbs)
- 3 cups of cooked rice
- 2 table spoon of olive oil
- Sesame seeds (optional)

## Steps:

1. Add olive oil to the rice and star mixing.
2. Add olive oil to your hands to help in shaping the rice balls
3. Shape the rice as balls and poke a hole to add the jaheed, and shape it as a ball
4. Sprinkle some sesame seeds (optional)

# Kanaad (kingfish) skewers



## Ingredients:

- 500 gram of kanaad fillets
- 2 teaspoon of lemon juice
- A pinch of salt
- 2 minced garlic
- ¼ cup of olive oil
- 1 teaspoon of paprika
- ½ teaspoon of turmeric
- ½ teaspoon of grounded cumin

## Steps:

1. Cut the fish into medium size cubes
2. In a bowl add the garlic, olive oil, salt, paprika, cumin and turmeric.
3. Add the fish cubes in the bowl and mix
4. Let the mix marinate in the fridge for at least 30minutes
5. Use wooden skewers for the fish
6. Heat the grill and start adding the skewers until their color change
7. Serve with grilled vegetable or with rice.



- \* Feel free to swap the seafood in these recipes with your preferred seafood choice!
- \* Please ensure your child does not have a seafood allergy before using these recipes.

# Colour your ocean world





# Healthy alternatives to eating habits

instead of ....	I'm going to try a new healthier method I will.....
Eating ready-made meals and processed meats (such as cold cuts, sausages, etc.)	Eat more meals with healthy fresh meat (such as fish and grilled chicken) and add fresh, frozen, or low-sodium canned vegetables.
Adding salt to foods to enhance flavor	Try Seasoning foods with herbs, spices, pepper and lemon to enhance the flavor.
Choosing fried meats that are high in fat	Choose healthy cooking methods such as grilling or boiling
Adding saturated fat to my meal.	Add olive oil to my meal.

