

Let's Move
by UnitedHealthcare®

Let's get cooking

Learn how to prepare seafood for a healthier heart
from the UnitedHealthcare® Teaching Kitchen



Pan bagnat sandwich

Directions

1. On a cutting board, cut baguette in half crosswise with serrated knife, then split each half lengthwise. Drizzle cut sides of bread with oil and rub with garlic and basil leaves.
2. In a small bowl, whisk the lemon juice into the olive oil until it is emulsified. Add a pinch of salt and pepper. Set aside.
3. In a separate mixing bowl, combine tuna, halved olives, sliced red bell pepper, sliced onion, chopped parsley and chopped artichoke hearts. Add vinaigrette into tuna mixture, and add salt and pepper to taste. Spoon mixture on the baguette and top with sliced tomato and sliced hard-boiled eggs.
4. Wrap sandwiches tightly in foil and place a heavy pot on top. Add a few heavy objects such as cans to weigh down the pot and press down sandwiches. Let sit at room temperature for at least 40 minutes. Unwrap, slice each sandwich in half crosswise and serve.

Serves 2

1	Baguette, ends removed
6 tbsp	Olive oil
1	Garlic clove, smashed
5–6	Basil leaves
3 tbsp	Lemon juice
	Pinch of salt
	Pinch of pepper
6 oz	Tuna fillets in olive oil jar, drained, flaked
2 tbsp	Pitted Niçoise olives, halved
1/2	Red bell pepper, seeded and sliced
1/4 c	Onion, sliced
1/4 c	Fresh parsley, chopped
9 oz	Artichoke hearts in jar, drained, chopped
1	Tomato, cored, sliced
2	Hard-boiled eggs, peeled, sliced

Balsamic marinade for salmon

Directions

1. In a bowl, mix balsamic vinegar, honey, chopped fresh rosemary, minced garlic, dried oregano and canola oil.
2. Place salmon in a shallow dish and cover with marinade.
3. Cover and let sit for at least 2 hours.

4–5 Salmon filets

Marinade ingredients

3/4 c	Balsamic vinegar
1/4 c	Honey
1 oz	Fresh rosemary, chopped
1 1/2 oz	Garlic, minced
2 tbsp	Dried oregano
3/4 c	Canola oil

Fresh herb marinade for tilapia

Directions

1. In a bowl, mix together chopped Italian parsley, chopped oregano, chopped basil, chopped rosemary, chopped thyme, minced garlic, black pepper and canola oil.
2. Place tilapia in a shallow dish and cover with marinade.
3. Cover and let sit for at least 2 hours.

4–5

Tilapia filets

Marinade ingredients

1/4 c	Fresh Italian parsley, chopped
1/4 c	Fresh oregano, chopped
1/4 c	Fresh basil, chopped
1 tbsp	Fresh rosemary, chopped
1 tbsp	Fresh thyme, chopped
1 tbsp	Garlic, minced
1 tsp	Black pepper
1 1/2 c	Canola oil

Pineapple and soy sauce marinade for mahi-mahi

Directions

1. In a bowl, mix together minced garlic, minced ginger, diced yellow onions, sliced green onions, soy sauce, sugar, diced pineapple and pepper flakes (if desired). Slowly drizzle in canola oil while whisking to emulsify.
2. Place mahi-mahi in a shallow dish and cover with marinade.
3. Cover and let sit for at least 2 hours.

4-5 Mahi-mahi filets

Marinade ingredients

1/2 oz	Garlic, minced
2 oz	Ginger root, minced
1 oz	Green onions, sliced
1/2	Yellow onion, diced
4 oz	Soy sauce
1 1/2 oz	Granulated sugar
4 oz	Pineapple, diced
6 tsp	Canola oil
	Red pepper flakes if desired

Thai yellow curry shrimp

Directions

1. In a saucepan, heat coconut milk solids til melted (or use 1 tbsp coconut oil or canola oil as a replacement). Add curry paste and stir fry until fragrant but not browned.
2. Whisk in coconut milk liquids to incorporate curry paste, scraping up any bits stuck on the bottom of the pan. Remove from heat and set aside while preparing the rest of the curry.
3. In a separate sauté pan, heat oil. Add chopped garlic, minced ginger and sliced red onions, stirring frequently to prevent burning.
4. Add sliced carrots and cook for 30 seconds.
5. Add shrimp and toss in sauté pan for 1 minute.
6. Add sliced green bell peppers, diced mango and Thai red chili peppers, cooking for 1 minute.
7. Combine by tossing with curry sauce and bring to a soft boil (about 30 seconds) until it reaches 165 F.
8. Remove from heat and toss in chopped cilantro.
9. Using 4 plates, divide cooked rice equally and cover with curry shrimp sauce. Garnish with sliced green onions and serve.

Serves 4

1/2 tbsp	Garlic, chopped
1/2 tbsp	Ginger, minced
1 lbs	Shrimp (count 31–40)
2 c	Brown rice, steamed
1/2 c	Red onion, sliced
1/2 c	Carrots, sliced
1/2 c	Green bell peppers, sliced
1 1/2 c	Mango, peeled, diced
2 tbsp	Thai red chili peppers, seeded, sliced
2 tbsp	Fresh cilantro, chopped
2 tbsp	Green onions, sliced

Curry sauce ingredients

12 oz	Coconut milk (separate liquid from the solid coconut)
2 tbsp	Thai yellow curry paste

Thank you for cooking with us



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