



Tuna/salmon cubes with sesame and poppy seed breadcrumb coating



All mothers understand the underlying role of fish in the health field and balanced diet for their children, but often including this aliment in the main feeding routine of the little ones is not easy.

**Fish is rich in omega 3 fatty acids and improves baby's cognitive skills**

In addition, its intake supports growth and body development, is good for the skin and sight and boasts a

good concentration of vitamin A, essential for the health of tissues and mucous membranes.

Together with docosahexaenoic acid (DHA), essential for the genesis of new tissues of the brain and heart, it is important in resolving anti-inflammatory processes and for the immune system, strengthens the skeletal system with a good supply of vitamin D and supports the body's defenses.

The fish is an important source of zinc, which in combination with omega 3 contributes to the proper functioning of the immune system, which is crucial in the prevention of infections.

## Way to persuade the children to eat fish

It is not always easy to convince children eat fish, but with a few tricks, even **taste can be educated**.

Children have a tendency to limit their food choices to particular flavors and sensations for which they experience a strong attraction: sweet, salty, crunchy, fatty, while showing a clear refusal to vegetables and fish.

Unfortunately, **incorrect eating habits** and reduced physical activity indulge the **development** of overweight condition first and **obesity** later during childhood, puberty and adolescence.

If we habituate children from weaning, actually from pregnancy and breastfeeding to assume fish, it will be easier for them to carry on this healthy habit.

## How to make fish more eye-catching for children?

Under shape of meatballs, condiment for pasta, mousse, filling for a sandwich, or you can try to "mask" it with a more pleasant flavor, using for example the juice of citrus fruits, breading, aromatic herbs, tomato sauce; every mother knows her baby's tastes and can experiment with various solutions.

To facilitate this arduous task, today we provide a **simple and delicious recipe** to prepare and enjoy together with the little ones:

### Lipidomic recipe:

#### **Tuna cubes with sesame and poppy seed breading**

**Tuna cubes with sesame and poppy seed breading, a simple and tasty second course of fish.**

It needs a very brief cooking, in consequence it remains soft and tasty; it also requires little seasoning and is therefore healthy, light, easy and quick to prepare.

*Ingredients for 4 people:*

- 4 tuna fillets about 3 cm thick
- the juice of 1 lemon
- black and white sesame seeds to taste
- poppy seeds to taste
- extra virgin olive oil
- salt
- pepper

## HOW TO PREPARE THE TUNA CUBES

Massage the tuna fillets with the oil emulsified with the lemon juice, salt and pepper. When they are completely wrapped in this sauce, pass the fish in a dish with the sesame and poppy seeds mixed.

Cover completely, even at the edges, and start heating a non-stick pan.

Grease the pan with a little oil and, when it becomes hot, cook the tuna fillets for 1 minute per side, or in any case adjusting the cooking according to the thickness of the slices themselves.

Remove and leave to rest for a few minutes before serving with a fresh mixed salad.

If desired, the tuna can be replaced with salmon.

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Article by the Editorial Group of Lipinutragen

Recipe created by Andreea Popa, Account Data Entry and Customer Care, passionate about cooking.

The food recommendations in the article are not intended as a substitute for a personalized meal plan and are to be adapted to specific cases.

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