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McCain and Sea Harvest, two leading frozen food brands, have joined forces to not only make your life easier, but also more delicious and nutritious.

Why should you add more fish to your diet? It's good for your heart, approved by the Heart and Stroke Foundation of South Africa. It's also low in calories (almost half that of beef) and a great source of vitamins, minerals and Omega 3 fatty acids.

McCain offers an ever-expanding range of frozen vegetables that are quick-frozen at the peak of ripeness, locking in all those delicious vitamins and minerals. Add some Sea Harvest fish, a few other delicious elements from your pantry, and you'll have meals that the whole family will approve of.

Fun fact: Frozen vegetables are as good for you as fresh! None of the nutrients are lost during the freezing process. They're also likely to last a little bit longer than their fresh counterparts. So go on and stock your freezer!

[Crisp and chunky pitas with pineapple salsa & BBQ chips](#)



You'll be transported to a beachside party with these tropical fish-and-chip pitas. The grilled pineapple rings add the perfect tropical touch to this meal. Serve them with a side of crunchy BBQ chips for a real island vibe!

[Get the recipe for crisp and chunky pitas with pineapple salsa & BBQ chips here.](#)

[Fish finger 'sushi' with Smiles](#)



This 'sushi' recipe is guaranteed to put a smile on your kids' faces when they open their lunchboxes! To dial up the fun factor even further, turn the kids into little chefs and have them help you in the kitchen.

Sea Harvest fish fingers are high in omegas and are MSG- and GMO-free, making them a great protein option for your little food critics.

[Get the recipe for fish finger 'sushi' with Smiles here.](#)

[Mini fish pies with sweet potato, peas and corn](#)





Classic fish pie gets a makeover - these hearty little pies are filled with pops of sweet veggies, which kids and adults alike will love!

Did you know that in addition to being delicious, sweet potatoes are also a great source of vitamins A, B6 and C? They are also rich in antioxidants that can help to fight cell damage in your body.

[Get the recipe for mini fish pies with sweet potato, peas and corn here.](#)

[Fish Friday hotdogs with skinny fries & lemon mayo](#)



Hotdogs for Fish Friday? Yes, you heard us right! These upgraded hotdogs will turn even fussy little eaters into fish lovers. Serve them with baked (not deep-fried) skinny fries for a guilt-free Friday treat.

[Get the recipe for Fish Friday hotdogs with skinny fries & lemon mayo here.](#)

WIN: Stand a chance to win 1 of 4 family holidays valued at R50 000 with McCain & Sea Harvest. To enter, purchase 1 McCain and 1 Sea Harvest product from participating stores. Promotion ends 28 February 2022. Ts&Cs apply. Visit <https://friendsinyourfreezer.co.za/> to enter.

*This article is sponsored by McCain and Sea Harvest, who are on a mission to create convenient and nutritious mealtime solutions while bringing fun into the kitchen and onto kids' plates. For more information visit <https://friendsinyourfreezer.co.za/>*