

## AdriAquaNet

Enhancing Innovation  
and Sustainability in  
Adriatic Aquaculture



# CHOOSE FISH FROM SUSTAINABLE AQUACULTURE

Fish is a food of high nutritional value and its consumption is advised in every stage of life. It is a source of **high-value proteins, vitamins, minerals and polyunsaturated fatty acids**. It is recommended to consume at least **2 servings of fish per week**, where one serving accounts for **120 – 170 g of clean fish meat**. Regular fish consumption is associated with a lower incidence of obesity, cardiovascular diseases, some types of cancer, and better mental health and cognitive function.



Most consumers are skeptical of farmed fish. However, **the current scientific consensus is that farmed and wild fish cannot be differentiated in terms of nutritional value and safety**. Farmed fish has a constant chemical composition that can be influenced by feed. Also, fresh farmed fish is available to consumers all year round.

Compared to other methods of animal protein production, **aquaculture** has the least negative impact on the environment and **is a sustainable way of production**. Since fish farming takes place in controlled conditions, it is possible to maintain the highest standards of quality and safety.

**AdriAquaNet project** is the first-ever initiative for sustainable improvement of the quality of farmed fish and its marketing that resulted from the cooperation between Italy and Croatia. On the basis of the scientific results, the AdriAquaNet project team proposes **sustainable farming of sea bass and sea bream of high nutritional value**. New feed formulations, use of renewable energy sources and use of probiotics, natural compounds and vaccines in exchange for antibiotics are just some of the innovative methods applied in fish farming.

One serving (150 g) of farmed sea bass or sea bream within the AdriAquaNet project contains on average:

	SEA BASS	% RI	SEA BREAM	% RI
Energy (kcal)	228	11	248	12
Energy (kJ)	952	11	1036	12
Proteins (g)	28.2	56	29.3	59
Fats (g)	12.7	18	14.5	21
Carbohydrates (g)	0.08	0	0.08	0
K (mg)	650	33	626	31
P (mg)	360	51	358	51
Na (mg)	80.1	-	91.8	-
Ca (mg)	72.2	9	54.6	7
Mg (mg)	53.1	14	57.6	15
Fe (mg)	1.2	9	1.4	10
Zn (mg)	2.0	20	1.8	18
Cu (mg)	0.02	2	0.03	3
Vitamin A (µg)	19.0	2	4.8	1
Vitamin E (mg)	3.0	25	2.5	21
EPA+DHA (mg)	405	162	390	156

RI = Reference intake for an average adult (2000 kcal); according to Regulation (EU) No 1169/2011, except EPA+DHA according to EFSA (European Food Safety Agency)



is a  
source  
of

SELENIUM

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VITAMINS  
B

VITAMIN  
D

According to recommendations of the European Food Safety Authority (EFSA), a daily intake of **250 to 500 mg of omega-3 fatty acids**, specifically eicosapentaenoic (EPA) and docosahexaenoic acid (DHA), has beneficial effects on health.



- Aquaculture is currently the fastest-growing food production industry in the world.
- More than half of the global fish production intended for human consumption comes from aquaculture.



## Sea bream en papillote with vegetables



### Ingredients (1 serving)

320 g sea bream, gutted  
200 g zucchini  
120 g cherry tomatoes  
250 g potato, peeled  
2 garlic cloves  
2 sprigs of thyme  
2 sprigs of rosemary  
1 ½ tablespoons olive oil  
2 tablespoons lemon juice  
salt, pepper

### Directions:

Cut greaseproof baking paper to a size you can wrap the fish with. Slice the vegetables and boil potatoes until they are half done. In the middle of the baking paper, put the vegetables, season it, add garlic, rosemary and thyme and pour over a little olive oil. Place the sea bream on the prepared vegetables and cut its skin in several places, then season it inside and out. Put a sprig of rosemary and thyme in the gut, then pour olive oil and lemon juice over everything. Wrap the paper tightly in the shape of candy and place it in the oven at 180°C for half an hour.

### One serving contains\*:

Energy: 708 kcal | carbohydrates: 55 g | proteins: 42 g | fats: 36.1 g | saturated fatty acids: 6.3 g | monounsaturated fatty acids: 21.3 g | polyunsaturated fatty acids: 5.9 g | EPA+DHA: 416 mg | Potassium: 145 % | Phosphorus: 86 % | Calcium: 18 % | Magnesium: 47 % | Iron: 32 % | Zinc: 35 % | Copper: 31 % | Selenium: 88 % | Vitamin A: 37 % | Vitamin E: 39 % | Thiamin (B1): 131 % | Riboflavin (B2): 29 % | Niacin (B3): 97 % | Pantothenic acid (B5): 45 % | Vitamin B6: 96 % | Folate (B9): 88 % | Vitamin B12: 191 % | Vitamin C: 133 %

## Spaghetti with sea bass in tomato sauce



### Ingredients (4 servings)

400 g spaghetti  
360 g sea bass fillets  
280 g cherry tomatoes  
400 g canned tomatoes  
1 onion  
3 garlic cloves  
100 ml white wine  
50 ml olive oil  
parsley, salt

### Directions:

Cut the fish fillets into cubes. Heat the olive oil in a pan over low heat and add the onion, garlic and parsley stalks. Season it and cook gently until the onion is soft. Pour white wine over and increase the heat a little. Let simmer for 2 minutes, then add the peeled tomatoes and cherry tomatoes and cook for another 10 minutes. Add diced fish and continue to cook for another 5 minutes. Mix previously cooked pasta and chopped parsley leaves with fish sauce and serve.

### One serving contains\*:

Energy: 659 kcal | carbohydrates: 78 g | proteins: 31.3 g | fats: 22.8 g | saturated fatty acids: 3.9 g | monounsaturated fatty acids: 12.8 g | polyunsaturated fatty acids: 3.1 g | EPA+DHA: 243 mg | Potassium: 56 % | Phosphorus: 67 % | Calcium: 13 % | Magnesium: 27 % | Iron: 28 % | Zinc: 29 % | Copper: 42 % | Selenium: 47 % | Vitamin A: 18 % | Vitamin E: 38 % | Thiamin (B1): 95 % | Riboflavin (B2): 21 % | Niacin (B3): 83 % | Pantothenic acid (B5): 20 % | Vitamin B6: 46 % | Folate (B9): 39 % | Vitamin B12: 108 % | Vitamin C: 37 %

## Poached sea bass with vegetables



### Ingredients (2 servings)

240 g sea bass fillets  
240 g carrots  
100 g leek  
160 g zucchini  
160 g tomatoes  
½ onion  
2 garlic cloves  
2 sprigs of thyme  
2 sprigs of rosemary  
2 tablespoons olive oil  
140 g cornmeal  
salt

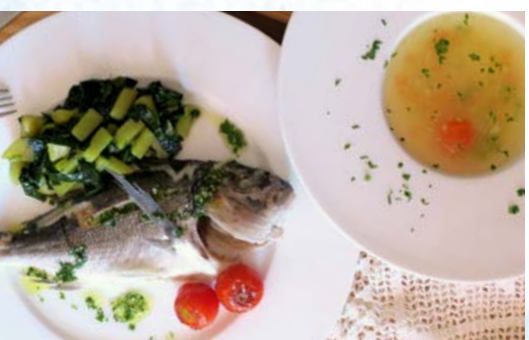
### Directions:

Pour about two cups of liquid (white wine, vegetable or fish stock, water or a combination) into the pan and add sliced vegetables, herbs and a bit of olive oil. When the liquid boils, reduce the heat and simmer gently for 5 to 10 minutes. Season the sea bass fillets and place them in the liquid. Cover the pan and poach the fish for 6 to 8 minutes, until the fillets are cooked. Serve with prepared vegetables and polenta.

### One serving contains\*:

Energy: 640 kcal | carbohydrates: 69 g | proteins: 32.9 g | fats: 26.3 g | saturated fatty acids: 4.4 g | monounsaturated fatty acids: 13.8 g | polyunsaturated fatty acids: 4 g | EPA+DHA: 324 mg | Potassium: 75 % | Phosphorus: 68 % | Calcium: 17 % | Magnesium: 29 % | Iron: 26 % | Zinc: 28 % | Copper: 21 % | Selenium: 65 % | Vitamin A: 314 % | Vitamin E: 34 % | Thiamin (B1): 101 % | Riboflavin (B2): 26 % | Niacin (B3): 77 % | Pantothenic acid (B5): 26 % | Vitamin B6: 69 % | Folate (B9): 53 % | Vitamin B12: 144 % | Vitamin C: 61 %

## Homemade fish soup and boiled sea bream



### Ingredients (4 servings)

#### Fish soup

1.2 kg sea bream, gutted  
140 g carrots  
80 g tomato  
50 g celery root  
40 g parsley root  
celery, parsley  
3 garlic cloves  
3 tablespoons olive oil  
salt

#### Boiled sea bream

pre-cooked sea bream  
3 tablespoons olive oil  
2 garlic cloves  
parsley

#### Swiss chard and potatoes

1 kg Swiss chard  
500 g potatoes, peeled  
2 garlic cloves  
1 tablespoon olive oil  
salt

### Directions:

Put vegetables, salt, pepper and olive oil in cold water to boil. When the vegetables are half done, add the fish. Cook the fish for about 15-20 minutes until softened. When the fish is cooked, take it out, add pre-cooked rice to the soup and serve. Season the fish with a mixture of olive oil, garlic and parsley and serve it with Swiss chard and potatoes.

### One serving contains\*:

Energy: 677 kcal | carbohydrates: 46 g | proteins: 38.4 g | fats: 37.8 g | saturated fatty acids: 6.3 g | monounsaturated fatty acids: 23.2 g | polyunsaturated fatty acids: 5.7 g | EPA+DHA: 390 mg | Potassium: 122 % | Phosphorus: 82 % | Calcium: 28 % | Magnesium: 80 % | Iron: 51 % | Zinc: 25 % | Copper: 18 % | Selenium: 85 % | Vitamin A: 332 % | Vitamin E: 33 % | Thiamin (B1): 98 % | Riboflavin (B2): 39 % | Niacin (B3): 95 % | Pantothenic acid (B5): 40 % | Vitamin B6: 60 % | Folate (B9): 235 % | Vitamin B12: 180 % | Vitamin C: 140 %

\*determined by Nutritics v5.53 software; % reference intake (RI) for an average adult (2000 kcal); according to Regulation (EU) No 1169/2011 ■ Photography: David Skoko, Orada Adriatic Ltd, Shutterstock.com



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