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HARRISON  
EST.1994



# FOOD WITH THOUGHT

The latest news from our table

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### Insight

Learning at Work Week: Investing in People, Delivering Excellence



### Recipe

Cod fishcake with seared mackerel and caper berries



### Health

Discover 10 simple and practical ways to boost your fibre intake



## INSIGHT

### Learning at Work Week: Investing in People, Delivering Excellence

[Read more](#)



#### THIS MONTH'S FEATURED RECIPE

Cod fishcake with seared mackerel and caper berries

Golden cod fishcakes paired with rich seared mackerel - bringing together fresh flavours, balanced nutrition, and a modern twist on seafood classics.

[Read more](#)

#### HEALTH & NUTRITION BLOG

### 10 WAYS TO EAT MORE FIBRE



Discover 10 simple and practical ways to boost your fibre intake — from pulses and wholegrains to colourful plant foods — to support your gut health and overall wellbeing.

[Click below to learn more!](#)

[Read more](#)



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