



SAM WOOD
cooks SEAFOOD

KOREAN STYLE NOODLE STIR FRY with TUNA



PREP 15 MINS
(plus extra for thawing)
COOK 10 MINS
SERVES 2



INGREDIENTS

- 500g packet frozen Birds Eye Ocean Selections Tuna – Korean BBQ
- 100g packet sweet potato noodles
- 1 teaspoon sesame oil
- 1 teaspoon peanut oil
- 1 small onion or shallot, cut into wedges
- 1 teaspoon frozen Birds Eye Chopped Garlic
- 1 carrot, julienned
- 5-6 shiitake mushrooms, sliced
- 10 snow peas, cut in half diagonally
- Toasted sesame seeds and julienne spring onion, for garnish

PREPARATION

1. Remove 2 frozen Birds Eye Tuna portions from packet and thaw following packet directions.
2. Cook thawed Birds Eye Tuna following pan cook packet directions. Also cook noodles following packet directions. Drain noodles well and toss sesame oil through noodles.
3. Heat peanut oil in a wok over high heat. Stir fry onion and frozen Birds Eye Garlic for 2 minutes or until softened. Add carrot and toss for 1 minute. Add mushrooms and snow peas, continue to stir fry for a further 2 minutes or until softened.
4. Toss noodles and vegetables together and place on serving plates. Top with cooked tuna, garnish with sesame seeds and spring onions.



Tuna is not only delicious but is also high in protein, which helps to build, repair and maintain strong muscles.

MOROCCAN BARRA WITH DUKKAH ROASTED VEGETABLES



PREP 15 MINS
COOK 30 MINS
SERVES 4



INGREDIENTS

500g packet frozen Birds Eye Ocean Selections Barramundi – Moroccan
1 small cauliflower, cut into small florets
½ butternut pumpkin, thinly sliced
Olive oil, for drizzling
2 tablespoons dukkah
120g bag baby spinach leaves
Lemon oil, for drizzling
¼ cup pomegranate seeds
2 tablespoons fresh baby mint leaves

PREPARATION

1. Remove 2 frozen Birds Eye Barramundi portions from packet. Place on a baking paper lined tray. Place cauliflower and pumpkin on a separate baking paper lined tray. Lightly drizzle with oil and sprinkle with dukkah. Cook both trays in a preheated oven at 200°C for 25-30 minutes.
2. Arrange spinach on serving plates, top with vegetables, lightly drizzle with lemon oil, sprinkle with pomegranate seeds and mint leaves.
3. Serve vegetables topped with cooked fish.



Barramundi is a great way to get quality Omega-3 fats into your diet. Did you know our bodies can't make Omega-3, so we have to get them from healthy foods like fish!

VEGGIE RICE & PRAWN PILAF



PREP 5 MINS
(plus extra for thawing)
COOK 15 MINS
SERVES 2



INGREDIENTS

500g packet frozen Birds Eye Ocean Selections Raw Prawns
1 tablespoon olive oil
1 small onion, chopped
500g packet frozen Birds Eye Cauli Broccoli Garlic & Parsley Flavoured Veggie Rice
8 cherry tomatoes, halved
Finely grated zest of 1 lemon
Lemon wedges, for garnish

PREPARATION

1. Remove 250g frozen Birds Eye Prawns from packet and thaw following packet directions. Once thawed, drain and pat dry with absorbent paper.
2. Heat 2 teaspoons oil in a large non stick frypan over medium heat. Cook thawed Birds Eye Prawns for 3 minutes, turning half way. Remove and keep warm.
3. Heat remaining oil in same frypan and cook onion for 2-3 minutes to soften.
4. Add frozen Birds Eye Veggie Rice, cook for 6 minutes, stirring regularly. Add Birds Eye Prawns and cherry tomatoes, continue cooking for a further 2 minutes.
5. Remove from heat, stir in lemon zest. Season to taste and serve.

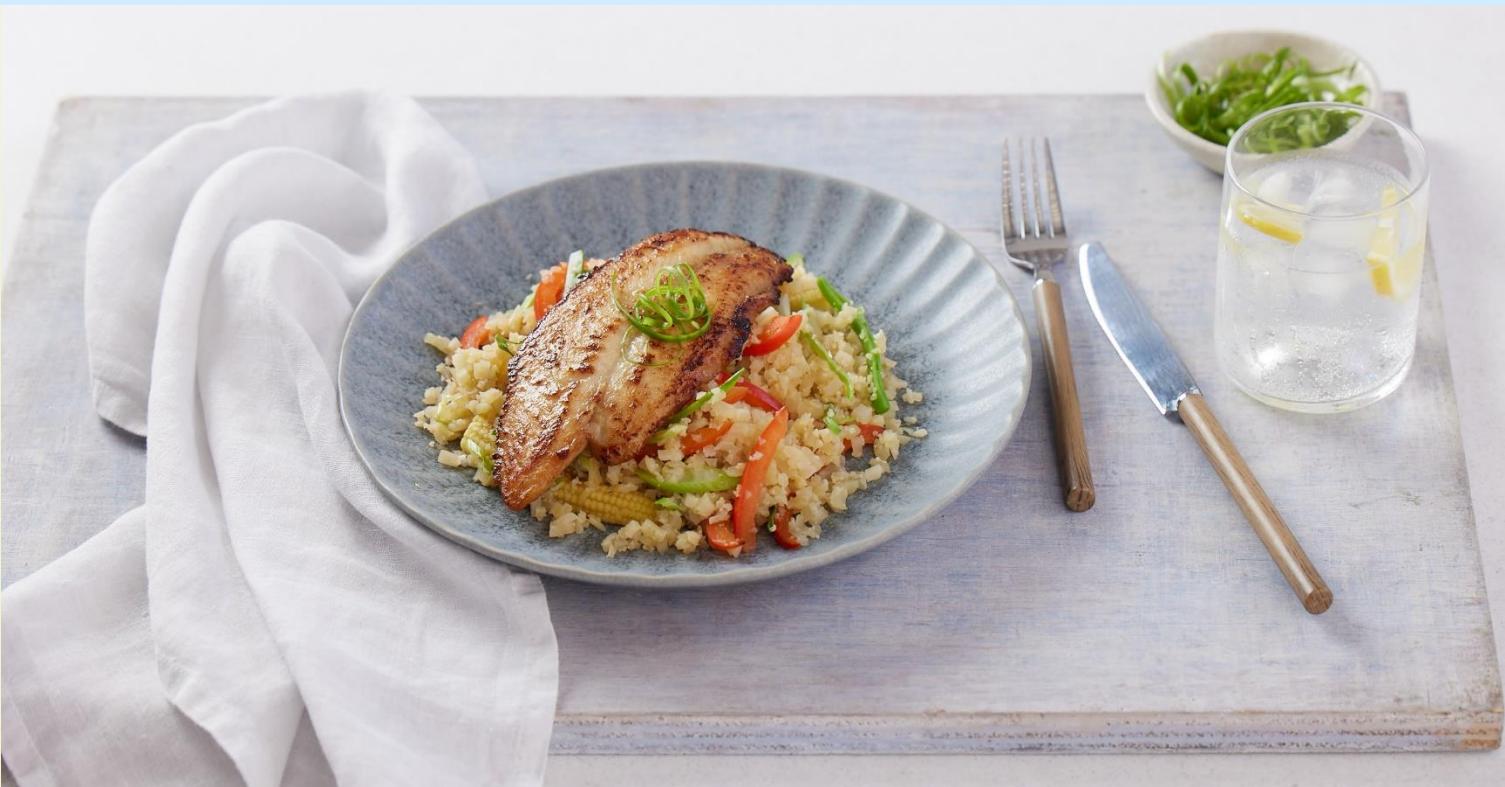


Did you know the quality of protein we get from our food can differ? Seafood like prawns provide high quality protein to the body and are called 'complete proteins' as they contain essential protein types we cannot make ourselves.

TERIYAKI FISH WITH JAPANESE CAULIFLOWER RICE



PREP 10 MINS
(plus extra for thawing)
COOK 20 MINS
SERVES 4



INGREDIENTS

500g packet frozen Birds Eye Ocean Selections Fish Fillets – Teriyaki

1 tablespoon oil

500g packet frozen Birds Eye Cauliflower Veggie Rice

125g baby corn, halved lengthways

½ red capsicum, sliced

100g snow peas, halved

2 spring onions, chopped

2 tablespoons salt reduced soy sauce

Julienne spring onion, for garnish

PREPARATION

1. Thaw frozen Birds Eye Fish following quick thaw packet directions.
2. Heat oil in a wok over medium-high heat. Add frozen Birds Eye Cauliflower Rice and stir fry for 6 minutes. Add corn, capsicum, snow peas, spring onion and continue to cook for another 5 minutes, tossing regularly.
3. Remove from heat, pour over soy sauce and toss to combine. Set aside and keep warm.
4. Cook Birds Eye Fish in a good non stick frypan following pan cook packet directions. Serve cooked fish with cauliflower fried rice.



These versatile fish fillets are high in protein, have a 4 Health Star Rating and contain no artificial flavours, a winner for dinner!



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