

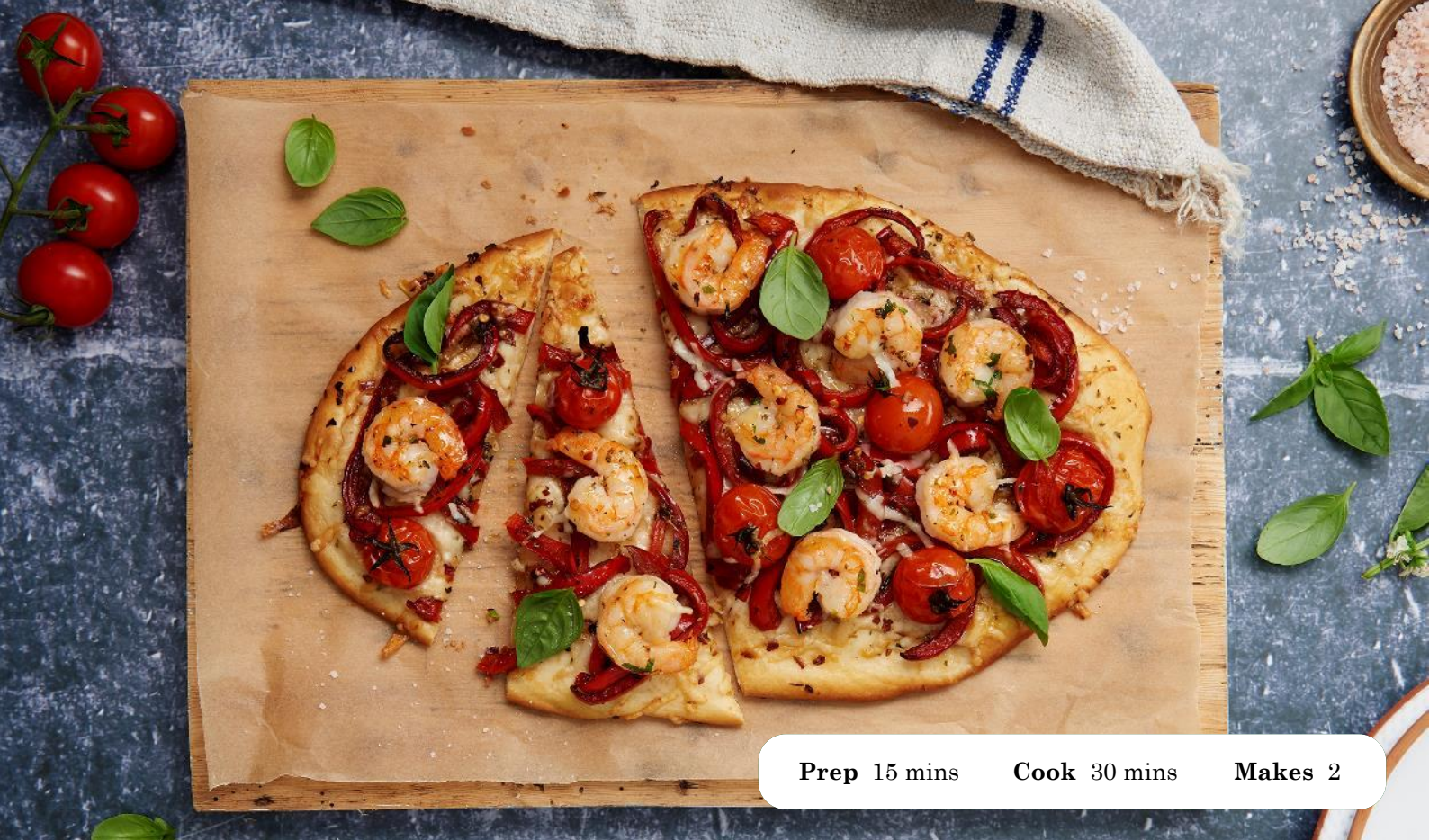


'The Best' Chilled Seafood Recipes

It's what John West rejects that makes

JOHN WEST

the best.



Prep 15 mins

Cook 30 mins

Makes 2

Garlic Prawn Peperonata Pizza

Ingredients

¼ cup olive oil
 2 red capsicums, sliced
 1 punnet cherry tomatoes
 1 teaspoon dried oregano
 ½ teaspoon chilli flakes
 1 tablespoon balsamic vinegar
 2 pre-prepared pizza bases
 2 cups grated provolone cheese
 270g packet **chilled John West Prawns in Garlic & Herb Marinade**
 Fresh basil leaves, to serve



Preparation

1. For the peperonata, heat a medium non stick frypan over medium heat. Add oil, capsicum, tomatoes, oregano, chilli and balsamic vinegar and cook for 10-15 minutes or until capsicum is softened. Remove from heat, allow to cool slightly. Drain oil into a small bowl and set both the capsicum mixture and oil aside.
2. Place pizza bases onto baking paper lined trays. Brush with reserved oil from capsicum mix. Sprinkle with cheese and arrange capsicum mixture and John West Prawns on top.
3. Bake in a preheated oven at 230°C and for 10-15 minutes or until cheese is melted and base is golden.
Serve sprinkled with basil leaves.

TIP: A delicious pasta can be made using a sauce of peperonata and pan fried John West Prawns.



Prep 10 mins

Cook 20 mins

Serves 2

Garlic & Chilli Seafood Spaghetti

Ingredients

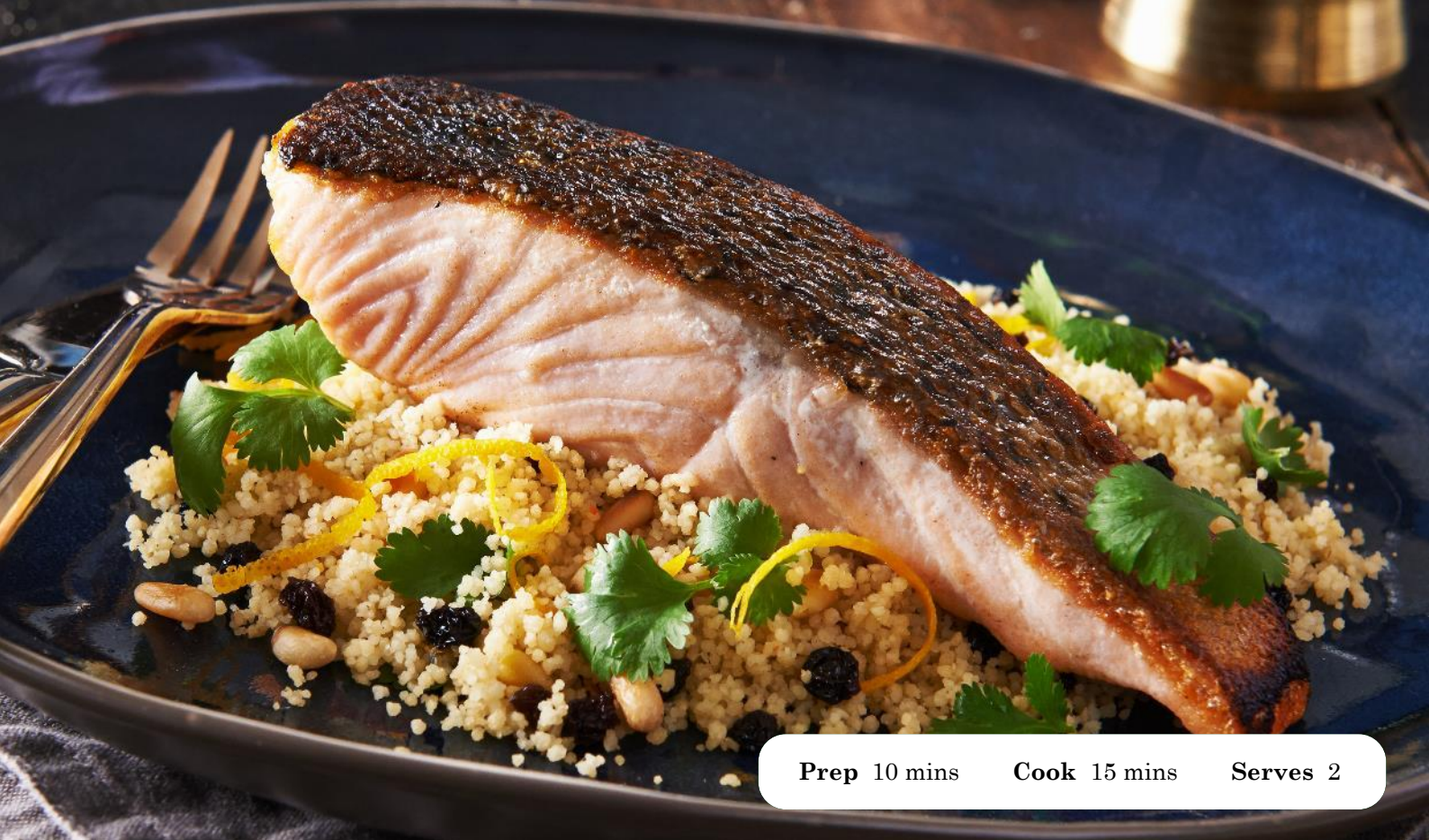
200g dried spaghetti
2 tablespoons olive oil, plus extra for serving
280g packet chilled **John West Seafood Selection**
2 cloves garlic, crushed
1 teaspoon dried chilli flakes
½ cup white wine
Finely grated zest of ½ lemon
2 tablespoons finely chopped fresh parsley



Preparation

1. Cook spaghetti following packet directions. Drain and reserve ½ cup of cooking water.
2. Meanwhile, while pasta is cooking, heat 1 tablespoon oil in a non stick frypan. Cook John West Seafood Selection for 4-5 minutes, turning regularly until cooked and caramelised. Remove.
3. Reduce heat, add remaining oil and garlic to frypan and cook for 1 minute or until fragrant. Add chilli and wine and simmer for 2-3 minutes until reduced by half.
4. Return seafood to frypan with lemon zest and parsley. Toss spaghetti gently through marinara sauce, adding reserved cooking water. Cook for a further 1-2 minutes. Season to taste and serve drizzled with a little extra olive oil.

TIP: Serve with crusty bread to mop up the delicious juices!



Prep 10 mins Cook 15 mins Serves 2

Crispy Skin Salmon with Moroccan Couscous

Ingredients

½ cup chicken stock
½ teaspoon ground cumin
Zest and juice of 1 orange
½ cup couscous
280g packet chilled **John West Skin On Salmon Fillets**
¼ cup currants
¼ cup pine nuts, toasted
½ cup fresh coriander leaves
Natural yoghurt, for serving



Preparation

1. In a small saucepan, bring stock, cumin, orange zest and juice to the boil. Remove from heat and stir in couscous. Cover and set aside to cook.
2. Meanwhile, cook John West Salmon following panfry packet directions.
3. Once all liquid has been absorbed from couscous, fluff with a fork and mix with currants, pine nuts and coriander. Serve immediately with John West Salmon and natural yoghurt.

TIP: For extra Moroccan flavour, sprinkle some Moroccan seasoning onto the salmon before cooking in STEP 2.



Prep 15 mins

Cook 15 mins

Serves 2

Barramundi with White Bean Puree & Spring Veg

Ingredients

400g can cannellini beans, drained and rinsed

½ cup ground almonds

1 tablespoon lemon juice

1 clove garlic, crushed

¼ cup olive oil, plus 1 tablespoon extra

275g packet chilled **John West Barramundi**

Fillets with Salt & Lemon Myrtle Seasoning

100g green beans

1 bunch asparagus

½ cup frozen peas

Lemon wedges, to serve



Preparation

1. For white bean puree, process cannellini beans, almonds, lemon juice and garlic in a food processor, gradually adding ¼ cup of olive oil in a thin stream. Transfer to a glass bowl, cover with cling wrap and heat in microwave oven on HIGH for 30 seconds, stir. Set aside.
2. Heat the remaining oil in a non stick frypan and cook John West Barramundi following packet directions.
3. Meanwhile, in a saucepan of boiling water, cook green beans for 2 minutes. Add asparagus and peas and cook for a further 2 minutes or until just tender, drain.
4. To serve, spoon a generous amount of white bean puree on plate, top with vegetables, barramundi fillet and a wedge of lemon.

TIP: White bean puree can also be used as a delicious dip with crackers and fresh vegetable crudités.



Prep 15 mins

Cook 20 mins

Serves 2

Salt & Pepper Prawn Spaghettini

Ingredients

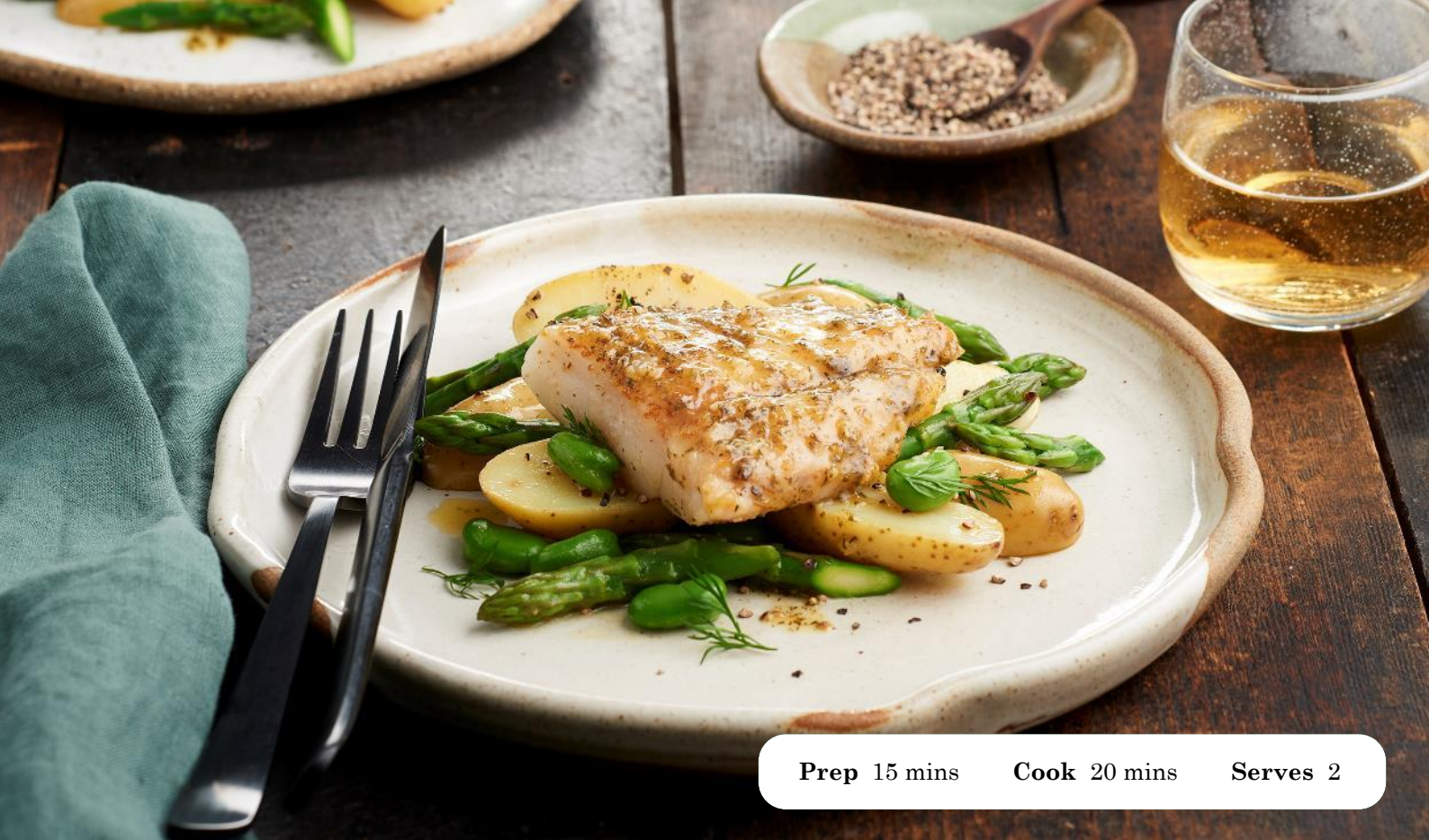
200g spaghettini or linguine
2 teaspoons extra virgin olive oil
½ cup fresh sourdough breadcrumbs
Finely grated zest of 1 small lemon
1 tablespoon extra virgin olive oil
250g packet chilled John West Prawns - Murray River Salt,
Cracked Pepper & Parsley Marinade
6 cherry tomatoes, halved
1 cup rocket leaves



Preparation

1. Cook pasta following packet directions. Drain and keep warm, reserving ¼ cup of pasta cooking water.
2. Meanwhile heat oil in a non stick frypan over medium heat. Add breadcrumbs and cook stirring until golden and crispy. Transfer to a bowl and stir in lemon zest. Set aside.
3. Add remaining oil to same frypan and cook John West Prawns following packet directions, adding tomatoes during the last minute of cooking.
4. Add pasta, rocket and reserved pasta cooking water to the prawns and toss to coat well. Serve sprinkled with crisp breadcrumbs.

TIP: Add ½ cup cooked peas with the tomatoes in STEP 3 for extra veg.



Prep 15 mins

Cook 20 mins

Serves 2

Blue Grenadier with Kipflers & Broad Beans

Ingredients

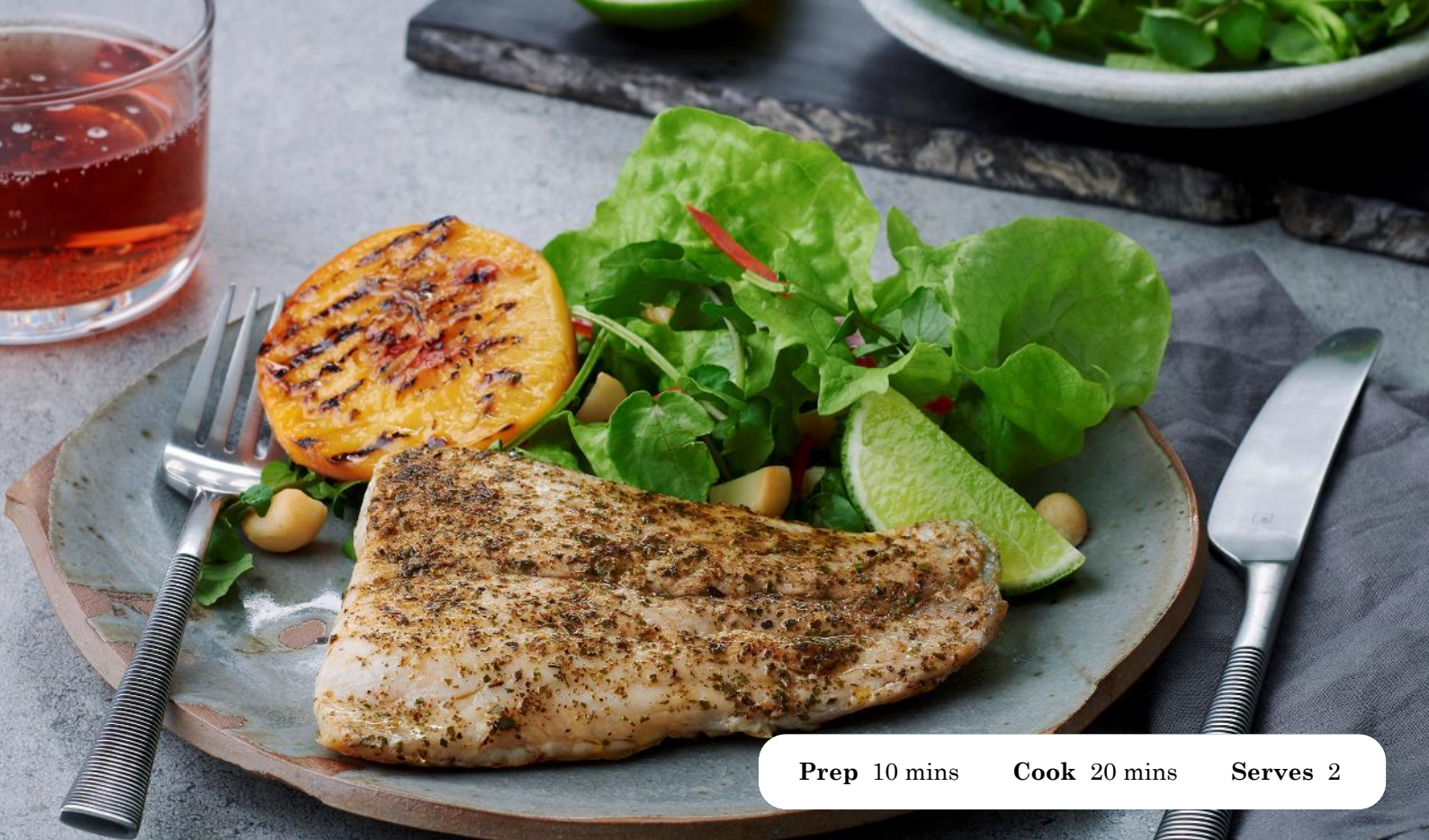
8-10 kipfler potatoes, washed
1/3 cup frozen Birds Eye Broad Beans
1/2 bunch asparagus, cut into 5cm lengths
Olive oil and lemon juice, for drizzling
1 tablespoon fresh dill leaves, chopped
270g packet chilled **John West Blue Grenadier with Garlic and Herb Butter**



Preparation

1. Place whole, unpeeled kipflers in a saucepan and cover with water. Bring to the boil, reduce heat and simmer uncovered for 10-15 minutes or until potatoes are just cooked. Drain, cut potatoes in halves, or thirds for larger ones, and set aside to keep warm.
2. Meanwhile, cook frozen Birds Eye Broad Beans following cook top packet directions, adding asparagus to same water in last 2 minutes of cooking time. Drain. Cool slightly before peeling skin from broad beans.
3. Combine warm potatoes, broad beans and asparagus in a bowl. Drizzle with olive oil and a squeeze of lemon juice. Add dill leaves, toss gently and season to taste.
4. Cook John West Blue Grenadier with Garlic and Herb Butter following packet directions. Serve fish on a bed of warm potato salad drizzling with remaining melted garlic and herb butter.

TIP: Dressing and seasoning the potatoes while still warm allows them to absorb the flavours better.



Prep 10 mins

Cook 20 mins

Serves 2

Barramundi with Grilled Peach Salad

Ingredients

1 peach
275g packet chilled **John West Barramundi Fillets with Salt & Lemon Myrtle Seasoning**
4 butter lettuce leaves
¼ cup watercress
½ small red capsicum, thinly sliced
¼ cup macadamia nuts, toasted
1 tablespoon macadamia oil
Lime wedges, for serving

Preparation

1. Cut cheeks from peach, place flesh side down on a chargrill plate or non stick frypan. Cook for 1-2 minutes or until caramelised. Remove.
2. Panfry John West Barramundi following packet directions.
3. Arrange lettuce, watercress, capsicum and macadamia nuts on serving plates. Lightly drizzle with macadamia oil. Serve fish with salad, peach cheeks and lime wedges on the side.



TIP: Substitute lime wedges for finger limes, if available.



Prep 15 mins

Cook 10 mins

Serves 2

Garlic & Herb Prawn Skewers with Salsa

Ingredients

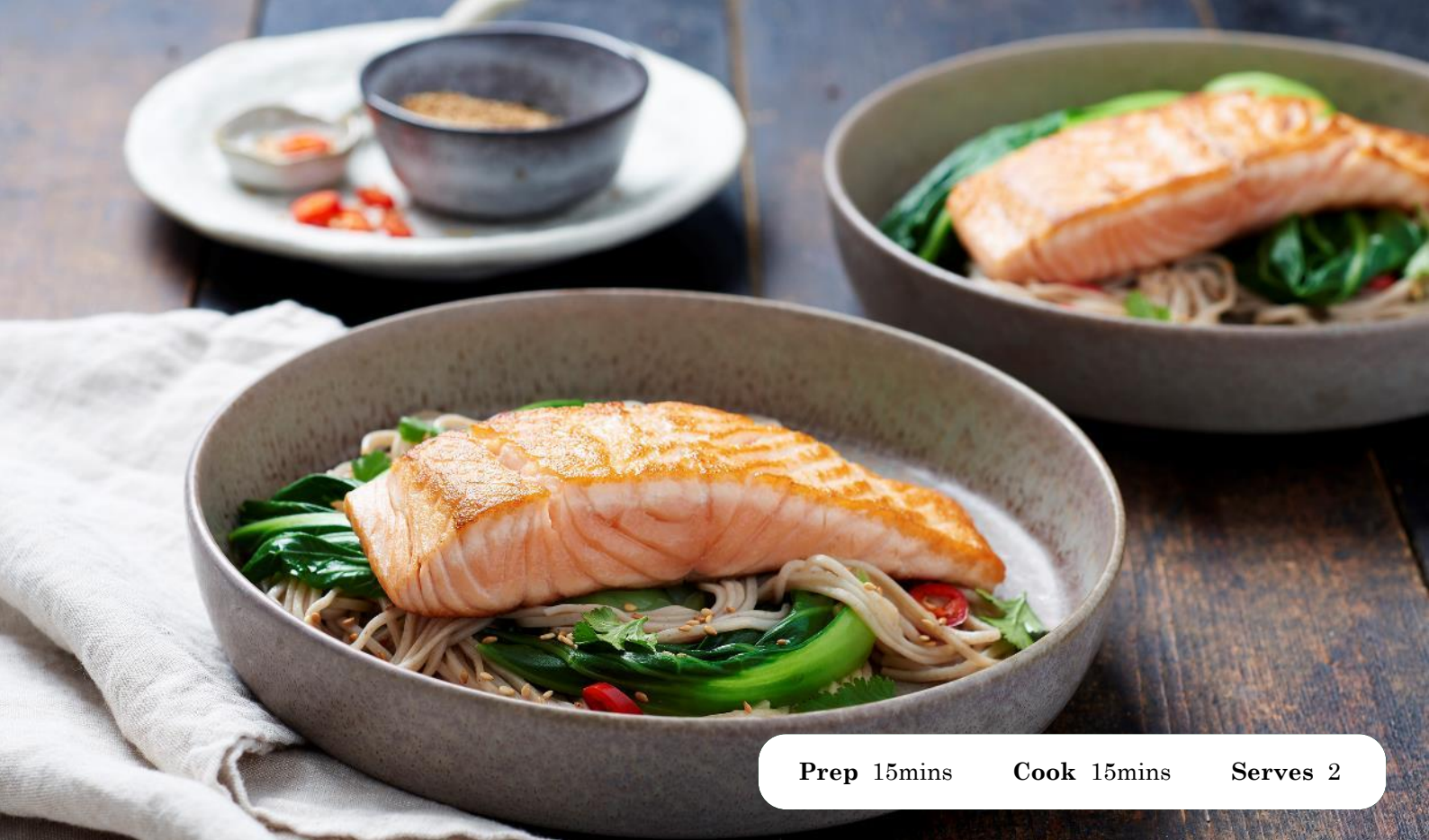
2 tablespoons oil
125g can Edgell Corn Kernels, drained
270g packet chilled **John West Prawns in Garlic & Herb Marinade**
125g can Edgell Black Beans, drained and rinsed
1 small tomato, de-seeded and chopped
½ small red onion, diced
1 long red chilli, de-seeded and finely chopped
Finely grated zest and juice of ½ lime
Watercress and fresh coriander leaves, for serving



Preparation

1. Heat 2 teaspoons oil in a medium frypan over high heat. Add corn kernels and cook for 3-5 minutes or until charred, tossing regularly. Remove corn from heat and allow to cool slightly.
2. Thread John West Prawns onto skewers. Add 1 tablespoon oil to frypan and cook prawns over high heat for 2-3 minutes on each side or until cooked through.
3. Toss charred corn with black beans, tomato, onion, chilli, lime juice and remaining oil. Serve prawns with salsa, watercress and coriander leaves.

TIP: For a taco alternative, cook prawns without skewers, fill warm taco shells or soft shell tortillas with prawns, salsa and coriander.



Prep 15mins

Cook 15mins

Serves 2

Salmon with Sesame Soba Noodles

Ingredients

280g packet chilled **John West Skinless Salmon Fillets**

180g soba noodles, cooked following packet directions

1 tablespoon soy sauce

2 teaspoons mirin

½ teaspoon sesame oil

2 baby bok choy, halved and steamed until tender

1 red chilli, thinly sliced

Toasted sesame seeds, for garnish

Preparation

1. Cook John West Salmon following packet directions.
2. Combine cooked noodles, soy sauce, mirin and sesame oil to coat well. Top with steamed bok choy and cooked John West Salmon.
3. Sprinkle with red chilli and sesame seeds. Serve immediately.



TIP: Replace bok choy with your favourite Asian greens.



Prep 20mins

Cook 5mins

Serves 2

Seafood & Mango Salad

Ingredients

- 1 mango, sliced
- 2 spring onions, julienned
- ½ red capsicum, sliced into thin strips
- ¼ cup fresh coriander leaves
- ¼ cup fresh mint leaves
- Finely grated zest and juice of one lime
- 2 teaspoons sweet chilli sauce
- 1 teaspoon oil
- 280g packet chilled **John West Seafood Selection**
- ¼ cup, unsalted roasted cashews, roughly chopped



Preparation

1. Arrange mango, spring onion, capsicum, coriander and mint on serving plates. Combine lime zest, juice and sweet chilli to make a dressing. Set aside.
2. Cook John West Seafood Selection following packet directions. Arrange over salad. Season to taste.
3. To serve, sprinkle with cashews and pour over dressing.

TIP: For added flavour, seafood can be marinated before cooking in 2 teaspoons of sweet chilli sauce and a squeeze of lime juice.



Prep 10mins

Cook 20 mins

Serves 2

Lemon, Garlic and Herb Salmon Fettuccine

Ingredients

250g fettuccine
295g packet chilled **John West Salmon Fillets with Lemon & Herb Crust**
2 spring onions, sliced
4 spears asparagus, shaved
 $\frac{3}{4}$ cup light cream
 $\frac{1}{2}$ cup white wine



Preparation

1. Cook pasta following packet directions. Drain and set aside.
2. Meanwhile, cook John West Salmon fillets following panfry packet directions, omitting the sachet of crust. Remove, flake into chunks and keep warm.
3. Add spring onion and asparagus to the frypan, cook for 1 minute. Add cream, wine and $\frac{3}{4}$ of the contents of the crust, stir well and bring to the boil. Remove from heat, add drained pasta and flaked salmon. Lightly stir to coat in sauce, serve immediately sprinkled with remaining crust.

***TIP:** The lemon and herb sachet acts like a pangrattato in this dish, adding delicious flavour and texture.*

John West Chilled Seafood Range



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