



WE PREP
You Cook



DELI





Prep 0 mins

Cook 20 mins

Serves 2



Deli Fish & Fries

Ingredients

250g packet frozen **Birds Eye Deli Flathead OR Hoki – Crisp Light Batter**

600g packet frozen **Birds Eye Deli French Fries – Garlic Herb & Twist of Lemon**

Tomato sauce, for serving

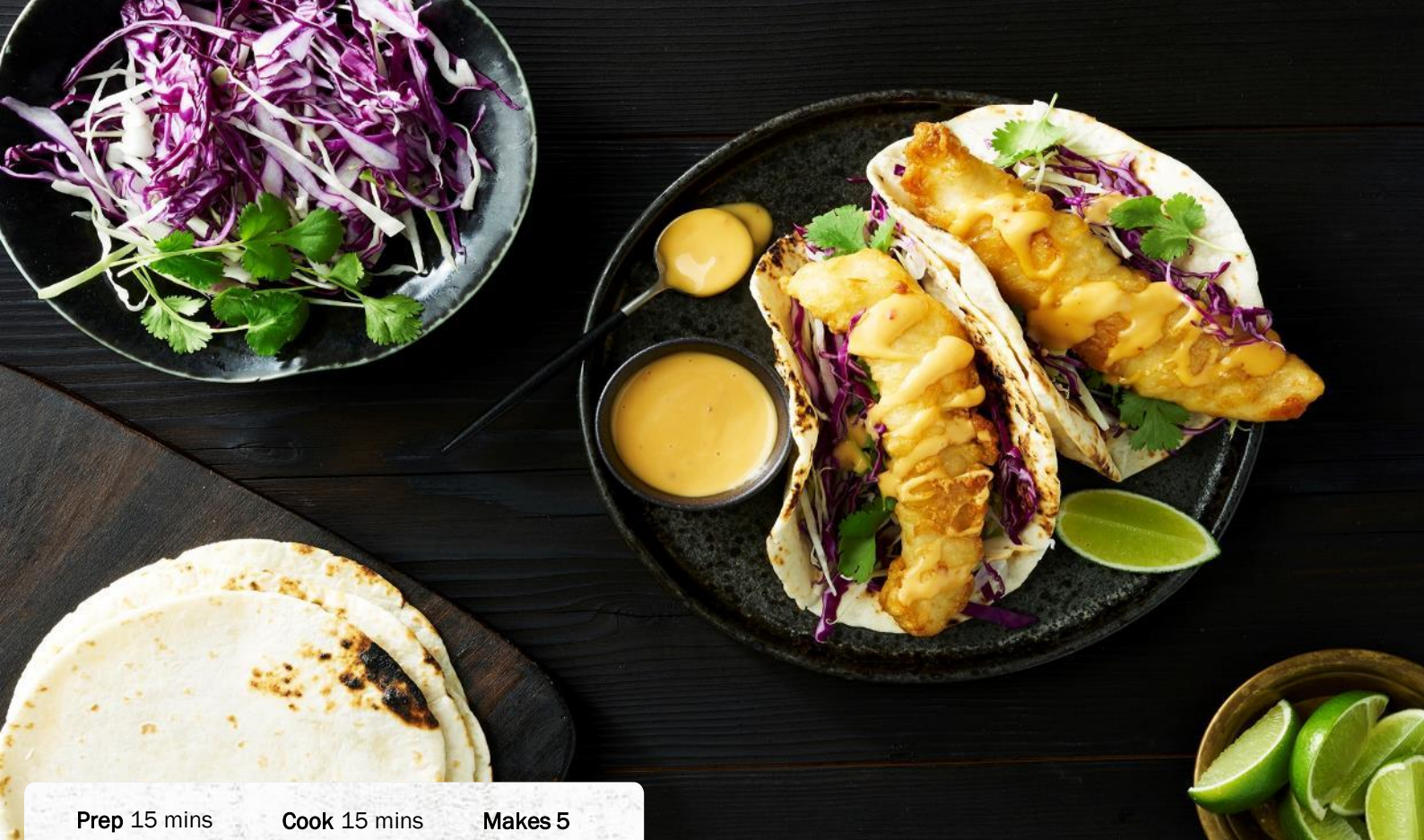
Method

1. Cook **Birds Eye Deli Fish** and desired amount of **Fries** following packet directions.
2. Alternatively cook a single serve in an AIR FRYER by arranging 2 frozen **Birds Eye Flathead** in a single layer of one side of basket and desired amount of **Birds Eye Deli Fries** on the other side.
3. Set temperature to 180°C and cook for 7-10 minutes, shaking basket or turning fish half way through cooking.

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When cooking in an air fryer, ensure the basket is not over filled to result in even brown and crunchy fish and chips.



Prep 15 mins

Cook 15 mins

Makes 5



Deli Tacos

Ingredients

250g packet frozen **Birds Eye Deli Hoki – Crisp Light Batter**

1 cup finely shredded red cabbage

1 cup finely shredded green cabbage

½ cup coriander leaves

2 tablespoons lime juice

5 small tortillas

Taco sauce of choice, for drizzling

Method

1. Cook frozen **Birds Eye Deli Hoki** following packet directions.
2. Meanwhile, combine cabbages, coriander and lime juice to make coleslaw. Season to taste.
3. Heat tortillas in a frypan or grill plate until golden. Cover and keep warm.
4. Assemble warm tortillas with coleslaw, fish and drizzle with taco sauce to serve.



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A creamy chipotle taco sauce works well with this recipe.



Prep 15 mins

Cook 15 mins

Serves 2



Hoki Poke Bowl

Ingredients

- 1 small head broccoli, cut into florets
- 2 teaspoons extra virgin olive oil
- 250g packet frozen **Birds Eye Deli Hoki – Crisp Light Batter**
- 1 teaspoon toasted sesame seeds
- 250g pouch brown rice with quinoa, or rice of choice
- 1 small Lebanese cucumber, shredded
- ½ avocado, sliced
- 2 radishes, thinly sliced
- Sriracha mayonnaise, for serving
- Sliced spring onion and lime wedges, for garnish

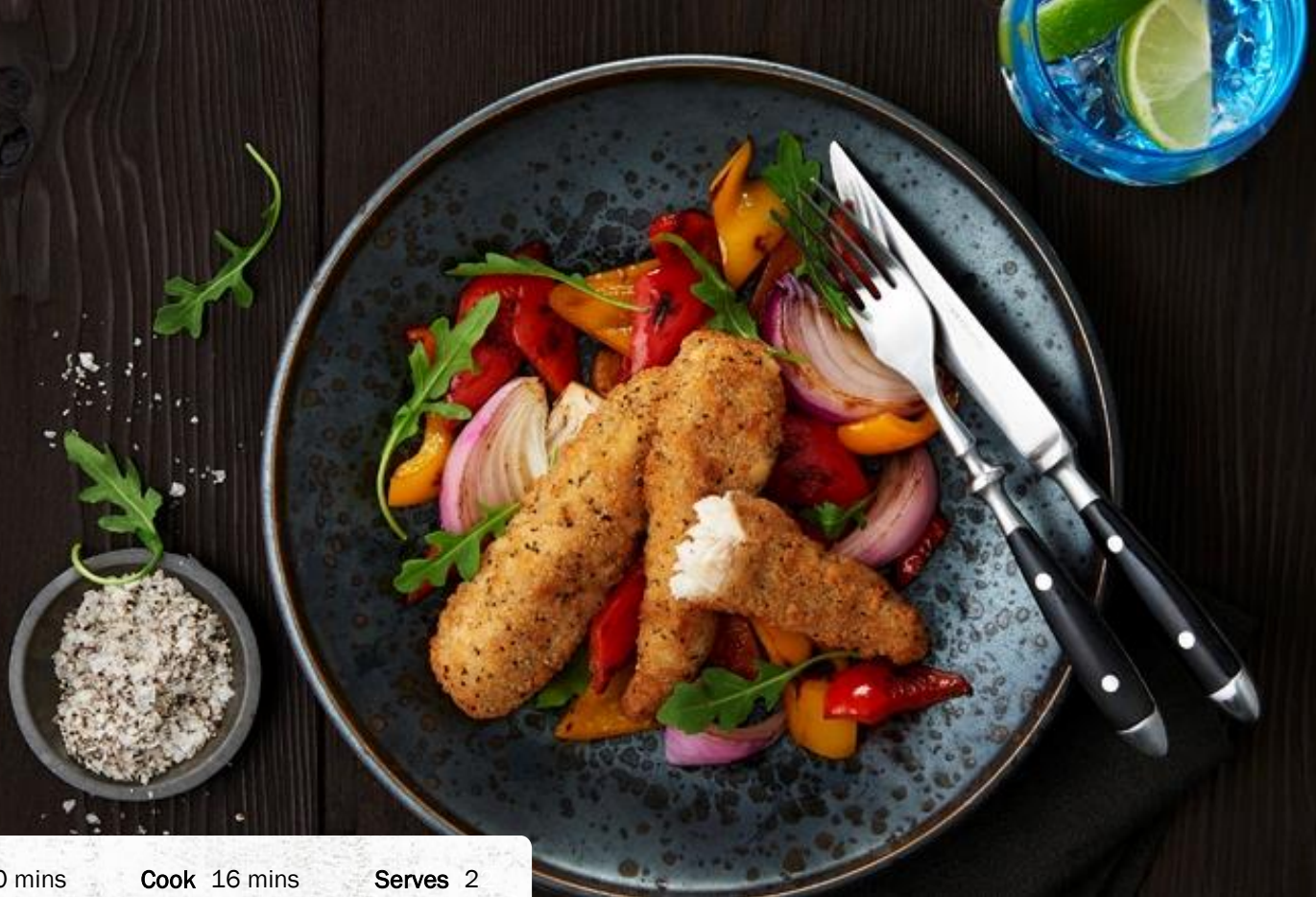
Method

1. Place broccoli florets in a bowl, drizzle over oil and toss to coat. Set aside.
2. Cook frozen **Birds Eye Deli Hoki** following packet directions. When turning fish half way, add broccoli to same tray. Once fish is cooked, remove tray from oven and sprinkle broccoli with sesame seeds.
3. Heat microwave rice following packet directions. Arrange rice, fish, broccoli, cucumber, avocado and radish in serving bowls. Drizzle over mayonnaise and serve garnished with spring onion and lime wedge.



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Birds Eye Veggie Rices can be used to replace traditional rice.



Prep 10 mins

Cook 16 mins

Serves 2



Salt & Pepper Whiting

Ingredients

250g packet frozen **Birds Eye Deli Whiting – Cracked Pepper & Sea Salt**

1 red, capsicum, roughly chopped

1 yellow capsicum, roughly chopped

1 small red onion, cut into wedges

Extra virgin olive oil

Baby rocket, for serving

Method

1. Cook frozen **Birds Eye Deli Whiting** following packet directions.
2. Meanwhile, combine capsicums and onion, lightly drizzle with oil. Cook on a hot grill plate or non stick frypan until lightly charred.
3. Lightly drizzle vegetables with extra oil if desired (see tip). Serve with fish and lightly sprinkle with rocket.



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Flavoured oil such as chilli, basil or garlic can be drizzled over charred vegetables for serving.



Prep 5 mins

Cook 12 mins

Serves 4



Grilled Veggies Bruschetta

Ingredients

- 400g packet frozen **Birds Eye Deli Grilled Veggies - Capsicum, Zucchini & Eggplant**
- 2 ciabatta rolls, cut in half, or 4 slices ciabatta bread
- 2-3 tablespoons sundried tomato pesto
- 4 tablespoons crumbled goat cheese
- Basil leaves, for garnish

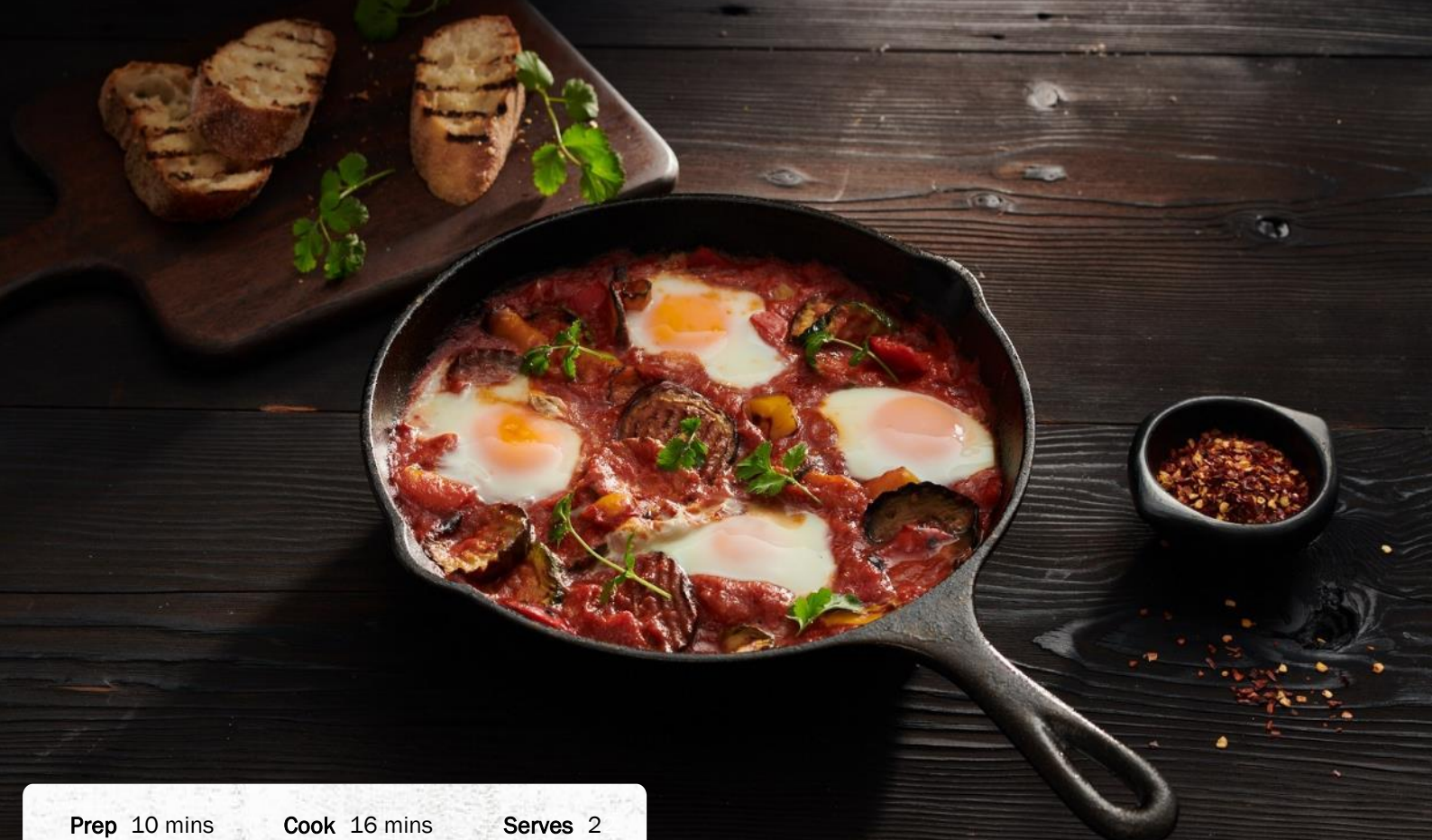
Method

1. Cook frozen **Birds Eye Deli Grilled Veggies** following packet directions.
2. Meanwhile, toast or chargrill ciabatta. Spread with sundried tomato pesto, top with grilled vegetables, crumbled goat cheese, season to taste and scatter with basil leaves to serve.



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Basil pesto would also work in this recipe.



Prep 10 mins

Cook 16 mins

Serves 2



Shakshuka with Grilled Veggies

Ingredients

- 1 tablespoon extra virgin olive oil
- 400g packet frozen **Birds Eye Deli Grilled Veggies – Capsicum, Zucchini & Eggplant**
- 1 clove garlic, crushed
- ½ teaspoon smoked paprika
- ¼ teaspoon cumin
- ¼ teaspoon chilli flakes
- 1 cup tomato passata
- 4 eggs
- Fresh coriander, for garnish
- Toasted sourdough bread, for serving

Method

1. Heat oil in a medium non stick frypan over high heat. Add **Birds Eye Deli Grilled Veggies**, garlic and spices. Cook for 6 minutes, stirring regularly.
2. Reduce heat to medium, add passata and bring to a simmer. Using a wooden spoon, make a small well in the sauce and crack one egg into it. Repeat with remaining eggs. Reduce heat to low and cover. Cook for 8-10 minutes or until eggs are cooked to your liking.
3. Serve scattered with coriander and with toasted bread.



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For a lighter tomato sauce, use canned crushed tomatoes instead of passata. You can also add crumbled feta when serving.



Prep 5 mins

Cook 15 mins

Serves 2



Prawns & Grilled Veggies

Ingredients

225g packet frozen **Birds Eye Deli Light & Crispy Prawns – Salt & Pepper**

400g packet frozen **Birds Eye Deli Grilled Veggies – Capsicum, Zucchini & Eggplant**

2 cups baby rocket leaves

Lemon oil, for drizzling

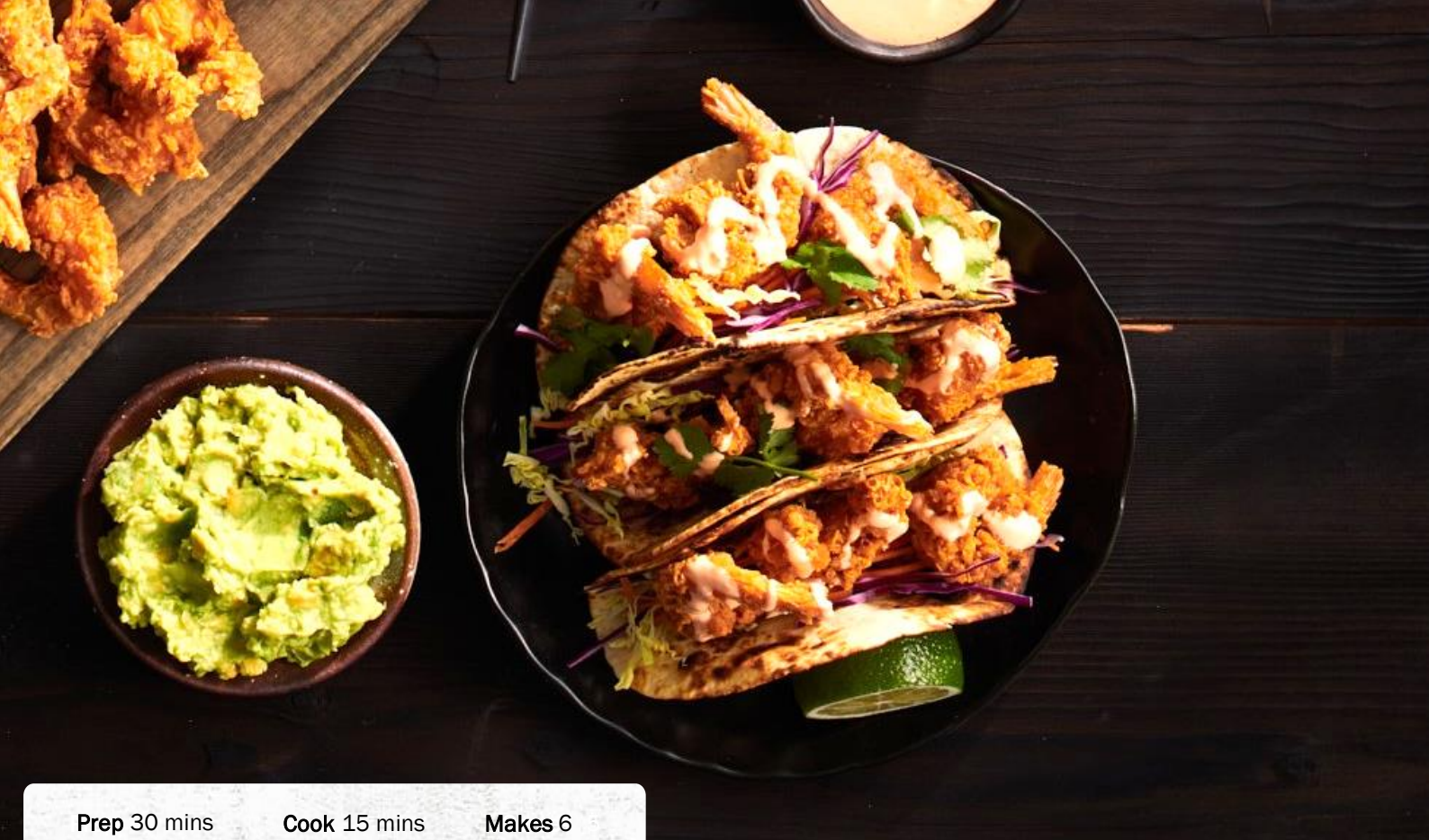
Method

1. Place frozen **Birds Eye Deli Grilled Veggies** on one oven tray. Place frozen **Birds Eye Deli Prawns** on a separate oven tray. Cook both together in a preheated oven at 200 °C for 15 minutes.
2. Arrange grilled veggies and rocket on serving plates. Lightly drizzle with lemon oil and top with prawns. Serve immediately.



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If you prefer a little chilli kick, drizzle with chilli oil or flavoured oil of choice.



Prep 30 mins

Cook 15 mins

Makes 6



Crunchy Prawn Tacos

Ingredients

225g packet frozen **Birds Eye Deli Light & Crispy Prawns - Salt & Pepper**

1 cup finely shredded green cabbage

1 cup finely shredded red cabbage

1 small carrot, cut into julienne strips or grated

2 spring onions, chopped

¼ cup coriander leaves

Asian style salad dressing, to taste

4-6 small flour tortillas, charred and kept warm

Guacamole, chipotle taco sauce and lime cheeks, for serving

Method

1. Cook frozen **Birds Eye Deli Prawns** following packet directions.
2. Meanwhile combine cabbages, carrot, spring onions, coriander and lightly toss with dressing.
3. Assemble tortillas with slaw and cooked prawns.
4. Serve with guacamole, drizzle with chipotle sauce and lime cheeks on the side

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For those who like it hot, dress with a Sriracha mayo.



Prep 10 mins

Cook 25 mins

Serves 4



Korean Loaded Sweet Potato Fries

Ingredients

600g packet frozen **Birds Eye Deli Sweet Potato Chips**

2 teaspoons extra virgin olive oil

1 teaspoon frozen Birds Eye Chopped Garlic

2 teaspoons frozen Birds Eye Chopped Ginger

300g beef mince

1/3 cup bulgogi sauce (see tip)

1/3 cup kimchi

1/4 cup thinly sliced radish

2 spring onions, thinly sliced

Sriracha mayonnaise, fresh coriander leaves and black sesame seeds, for garnish

Method

1. Cook frozen **Birds Eye Deli Sweet Potato Chips** following packet directions.
2. Meanwhile, heat oil in a medium non stick frypan over medium heat. Add garlic and ginger. Stir fry for 30 seconds. Add mince and cook, breaking up with a wooden spoon for 5-6 minutes or until browned. Add bulgogi sauce and cook a further 3-4 minutes or until sauce has boiled and reduced.
3. Transfer chips to a large serving dish. Spoon over bulgogi beef, followed by kimchi. Top with radish, spring onion and drizzle with mayonnaise. Garnish with coriander and black sesame seeds..



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Bulgogi sauce is available from most supermarkets in the Asian food aisle. It is a sweet, salty and spicy sauce traditionally made with grated pear, brown sugar, Korean chilli paste, sesame oil, soy sauce, garlic and ginger.



Prep 15 mins

Cook 25 mins

Serves 4



Sweet Potato Grazing Board

Ingredients

- 600g packet frozen **Birds Eye Deli Sweet Potato Chips**
- 6 falafel, cooked
- ½ cup beetroot dip
- ½ cup hummus
- 1 Lebanese cucumber, sliced
- ½ cup Kalamata olives
- 100g heirloom cherry tomatoes
- ½ red onion, sliced into rounds
- 2 large flatbreads, warmed and cut into wedges
- 1 cup rocket leaves
- 50g fetta
- Dried oregano, Extra virgin olive oil, Dukkah, for serving

Method

1. Cook frozen **Birds Eye Deli Sweet Potato Chips** following packet directions.
2. Meanwhile on a large serving platter or board, arrange remaining ingredients. Sprinkle fetta with dried oregano and drizzle hummus with extra virgin olive oil and sprinkle with dukkah



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Cooked Birds Eye Deli Grilled Veggies – Zucchini, Eggplant & Capsicum would also be a great addition to this grazing board.



Prep 5 mins

Cook 40 mins

Serves 4

Roast Veggies & Chicken

Tray Bake



Ingredients

- 2 tablespoons extra virgin olive oil
- 4 chicken thigh cutlets, skin on
- 600g packet frozen **Birds Eye Deli Roast Veggies - Potato, Pumpkin, Red Onion and Carrot**
- 1 bulb garlic, halved horizontally
- 8-10 Sicilian green olives
- Chopped fresh parsley, for garnish

Method

1. Heat 1 tablespoon of oil in a non stick frypan over medium-high heat, add chicken skin side down and cook for 3-4 minutes on both sides or until golden brown. Set aside.
2. Toss frozen **Birds Eye Deli Roast Veggies** in remaining olive oil and place in a roasting pan with chicken and garlic halves. Cook in a preheated oven at 200°C for 30-35 minutes or until chicken is fully cooked. In the last 5 minutes of cooking time, add olives to roasting pan.
3. Garnish with parsley and serve immediately.

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For an added veggie hit, try adding some Birds Eye Deli Grilled Veggies to the tray bake.



Prep 10 mins

Cook 25 mins

Serves 2



Roast Veggies & Steak

Ingredients

600g packet frozen Birds Eye Deli Roast Veggies-
Potato, Pumpkin, Red Onion and Carrot

Oil spray

250g trussed cherry tomatoes

2 beef eye or scotch fillet steaks

3 teaspoons oil

1 bunch broccolini

Wholegrain mustard, for serving

Method

1. Cook desired amount of frozen **Birds Eye Deli Roast Veggies** following packet directions. Lightly spray cherry tomatoes with oil, and add to same tray during last 5 minutes of cooking vegetables.
2. Coat both sides of steaks with oil. Cook steaks on a chargrill plate over a medium high heat or hot BBQ plate until done to your liking. Remove, cover with foil and allow to rest for 10 minutes.
3. Spray broccolini with oil and cook on the same chargrill plate or BBQ plate until lightly charred.
4. Serve Birds Eye Vegetables with steak, blistered tomatoes, charred broccolini and mustard.



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Removing steaks from refrigerator 15 minutes before cooking helps to cook more evenly and relaxes the muscle making it more tender.



Prep 10 mins

Cook 35 mins

Serves 4



Roast Veggies Chorizo Salad

Ingredients

Dressing:

¼ cup extra virgin olive oil

1 tablespoon sherry or red wine vinegar

1 teaspoon Dijon mustard

600g packet frozen **Birds Eye Deli Roast Veggies** –
Potato, Pumpkin, Red Onion and Carrot

1 chorizo sausage, sliced

400g can Edgell Chick Peas, drained

1 bunch watercress or rocket

Method

1. To make dressing place all ingredients in a screw top jar and shake well. Season to taste and set aside.
2. Cook frozen **Birds Eye Deli Roast Veggies** following packet directions.
3. Meanwhile, place chorizo in a single layer on a baking paper lined tray. Cook in oven with vegetables for 10-12 minutes, turning half way. In last 5 minutes of chorizo cooking time, add chick peas to same tray to warm through.
4. Allow vegetables, chorizo and chick peas to cool slightly before tossing with watercress or arranging on serving plates. Dress before serving.



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Birds Eye Deli Roast Beetroot wedges would be a great addition to this salad.



Prep 10 mins Cook 16 mins Serves 2



Barramundi & Mango Salad

Ingredients

- 250g packet frozen **Birds Eye Deli Barramundi-Crisp Light Batter**
- 1 small mango, thinly sliced
- Radicchio leaves, torn
- 1 cup watercress
- Fruit based vinaigrette e.g. strawberry
- 1 tablespoon natural flaked almonds, toasted
- Lime wedges, for serving

Method

1. Cook frozen **Birds Eye Deli Barramundi** following packet directions.
2. Meanwhile, arrange mango, radicchio and watercress on serving plates. Drizzle with vinaigrette and sprinkle with almonds.
3. Serve with cooked fish and lime wedges.



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Barramundi can be cooked in an air fryer in a single layer at 180 °C for 10 minutes.



Prep 15 mins Cook 13 mins Serves 4



Squid Strips Garden Salad

Ingredients

225g packet frozen **Birds Eye Squid - Lightly Seasoned**

3 cups rocket leaves

1 cup finely shredded red cabbage

4 baby cucumbers, sliced

4 baby radishes, thinly sliced

2 tablespoons red wine vinegar

1 tablespoon olive oil

1 teaspoon honey

Method

1. Cook frozen **Birds Eye Squid** following packet directions.
2. Meanwhile toss rocket, cabbage, cucumbers and radishes together in a large serving bowl or platter.
3. Combine red wine vinegar, oil and honey to make a dressing and drizzle over salad.
4. Top salad with cooked Birds Eye Squid. Serve immediately.



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This salad is a perfect base for Birds Eye Deli Salt & Pepper Prawns also.



Prep 10 mins

Cook 20 mins

Serves 4



Parma & Chips

Ingredients

600g packet frozen **Birds Eye Deli Chips –Golden Ale Beer Batter**

4 crumbed chicken schnitzels

1 cup grated mozzarella cheese

250g tub chilled Leggo's Napoli Sauce, heated

Green salad of choice

Basil leaves, for garnish

Method

1. Cook frozen **Birds Eye Deli Chips** following packet directions.
2. Meanwhile, panfry schnitzels until golden and cooked through.
3. Place cooked schnitzels on a baking paper lined tray, top each with cheese and place in oven and cook until cheese is melted.
4. Spoon Napoli sauce over parmas and serve with hot chips, salad of choice and garnish with basil leaves.



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For a spicy option, use a chilli based sugo, passata or pasta sauce.



Prep 10 mins Cook 70 mins Serves 6



Duck Fat Potato Roast

Ingredients

- 1 large chicken, butterflied
- 2 tablespoons olive oil
- Fresh herbs of choice e.g. oregano, rosemary or sage leaves, chopped
- 1 bulb garlic, halved horizontally
- 600g packet frozen **Birds Eye Deli Roast Potatoes - Glazed with Duck Fat**
- 500g trussed cherry tomatoes
- 2 bunches asparagus, blanched

Method

1. Place chicken in a baking dish. Drizzle with oil and rub completely over skin. Season to taste and sprinkle with herbs. Place garlic halves in tray.
2. Cook in a preheated oven at 180°C for 30 minutes.
3. Increase oven temperature to 210°C. Place frozen **Birds Eye Duck Fat Potatoes** on a baking paper lined tray and place in oven with the chicken. Cook for a further 30 minutes or until chicken juices run clear.
4. Remove chicken and garlic from oven, cover and rest for 5 minutes. Meanwhile add trussed tomatoes to oven tray and cook for a further 5 minutes or until potatoes are crisp and tomatoes beginning to burst.
5. Arrange chicken on a serving platter, with potatoes, tomatoes and asparagus.



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You Cook

Ask your butcher to butterfly the chicken for you.



Prep 5 mins

Cook 16 mins

Serves 2



Hoki & Quinoa Salad

Ingredients

250g packet frozen **Birds Eye Deli Hoki - Crisp**

Light Batter

6 cherry tomatoes

½ cup tri coloured quinoa

Finely grated zest 1 small lemon

Baby rocket leaves

Method

1. Cook frozen **Birds Eye Deli Hoki** following packet directions. Add tomatoes to oven tray during last 5 minutes of cooking.
2. Meanwhile, cook quinoa following packet directions.
3. Gently toss quinoa, lemon zest, tomatoes and rocket together, season to taste. Serve with cooked Deli Hoki.



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Quinoa can be served warm or chilled.



Prep 15 mins

Cook 70 mins

Serves 4

Peri Peri Chicken & Roast Potatoes



Ingredients

- 1 whole marinated Peri Peri chicken
- 500g packet Birds Eye Deli Roast Potatoes –
Rosemary & Sea Salt
- 1 bulb garlic, halved horizontally
- 1 bunch Dutch carrots, trimmed
- 120g packet baby rocket
- ¼ small red onion, thinly sliced

Method

1. Place chicken in a baking dish and cook in a preheated oven at 180 °C for 30 minutes.
2. Increase temperature to 210 °C. Place frozen **Birds Eye Deli Roast Potatoes** on a baking paper lined tray, place in oven with the chicken. Cook for a further 30 minutes or until chicken is fully cooked.
3. Remove chicken and garlic from oven, cover and rest for 5 minutes. Meanwhile add carrots to oven tray and cook a further 10 minutes or until potatoes are crisp and carrots tender.
4. Cut chicken into quarters, serve with potatoes, carrots, combined rocket and onion.



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You Cook

Pre marinated Peri Peri chicken is available at supermarkets or use a commercial marinade and prepare your own.



Prep 20 mins

Cook 20 mins

Serves 4



Hash Brown Breakfast

Ingredients

- 500g packet frozen **Birds Eye Deli Hash Browns**
- 500g trussed cherry tomatoes
- 4 slices sourdough, toasted
- 4 eggs, poached
- 2 avocados, thinly sliced
- Dukkah, for serving

Method

1. Cook frozen **Birds Eye Deli Hash Browns** following packet directions. Place trussed tomatoes on a separate oven tray and add to oven during last 5 minutes of cooking.
2. Arrange breakfast board by plating egg on toast, fan the avocado slices to form a rose. Add cooked Hash Browns and blistered tomatoes. Lightly sprinkle with dukkah.



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Poach eggs for 3½ minutes for a soft oozy yolk.



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