



EVERYDAY RECIPES



Delicious, Healthy, Convenient Seafood Recipes

COOK & WIN

YOU COULD BE WHIPPING
UP DELICIOUS, HEALTHY
MEALS IN NO TIME WITH A

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WORTH €500



HOW TO ENTER:

1. Visit John West Facebook page
2. Upload a photo of a John West recipe that you have prepared onto our Facebook App.





Today, you can be sure John West's quality is as reliable as ever. It's been that way for over 150 years.

At John West, we are also very conscious of constantly adapting our offer to meet your everyday needs, whether it be a light lunch at the office, a healthy snack as part of an active lifestyle or a quick evening meal.

Here are a few recipes to inspire you to create balanced and delicious meals to include in your weekly routine. You simply must try these recipes. So easy, quick and full of flavour!

Or, if you are looking for an even more convenient option, just grab our Light Lunch salad, or our Steam Pot for a warm meal; they are ready for you to enjoy!

Anne-Claire Monde

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Marketing Manager
John West Ireland



As a state registered dietitian and director of my own company, healthpro Nutrition and Exercise Specialists, I am passionate about promoting health through better nutrition. John West fish products not only taste great but are also a great source of nutrients, containing significant amounts of protein, essential fatty acids, and vitamins and minerals, all of which have vital roles in the maintenance and protection of your health and wellbeing. I highly recommend the consumption of a fish-based meal 2 - 3 times per week and hope that this booklet provides helpful ideas and inspiration for you to do so. Enjoy!

Harriette Lynch

Harriette Lynch

Consultant Dietitian & Exercise
Specialist

BA Ec/Soc, BSc Nut/Diet,
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INDIAN TUNA PITTA POCKETS



SERVES: 2



TIME: 15 MINS

INGREDIENTS

- 2 80g cans of cumin and coriander infused tuna
- 2 large wholemeal pittas grilled, cut lengthways in half and opened
- A large handful of rocket
- Half a royal gala apple, thinly sliced
- Half a small red onion, finely diced
- 2 teaspoons of shop bought mango chutney
- 2 tablespoons of natural yoghurt
- 1 teaspoon of shop bought mint sauce

METHOD

Place the rocket, sliced apple and red onion in a mixing bowl. Scatter over the infused cumin and coriander tuna and gently toss to mix the tuna and its dressing with the salad.

Put to one side. In small bowl mix the yoghurt and mint sauce and put to one side. Take the warm pittas and spread inside a little mango chutney. Fill carefully with the tuna salad.

Top with the minty yoghurt sauce and enjoy!

Harriette says

"This light meal is heart friendly and full of protein. Serve with a side salad to aid your five a day".

SALMON OMELETTE



SERVES: 2



TIME: 10 MINS

INGREDIENTS

- 4 eggs - beaten
- Salt and Pepper
- 105g can of John West Wild Pink or Red Salmon Skinless and Boneless
- 2 tbsp cheddar cheese - grated
- 1-2 tbsp fresh chives - chopped

METHOD

Start by heating a small non-stick frying pan until just hot and add half the butter. Add salt and pepper to the already beaten eggs and pour half of this egg mixture into the pan. Gently fork through the egg until it begins to set.

Leave for 10 seconds or so until it is nearly set. Add half the salmon, half the cheese and half the chives. With a spatula, fold one side of the omelette into the centre, then tilt the pan and fold over to other side. Serve on a warmed plate.

Harriette says

"This is an ideal light meal. Add two slices of brown bread to balance this dish."

LEMON & THYME STUFFED POTATOES



SERVES: 2



TIME: 15 MINS

INGREDIENTS

- 2 80g cans of lemon and thyme infused tuna
- 2 freshly baked large potatoes (rubbed with olive oil and sea salt for a crispy skin)
- Large knob of butter
- 1 tablespoon of cream cheese
- Quarter of a red pepper, finely diced
- 2 tablespoons of chopped chives
- 40g grated cheddar cheese
- 15g fresh breadcrumbs
- Pinch of dried mixed herbs
- Pinch of Pepper

METHOD

Cut the two baked potatoes in half, scoop out the inside and return the skins onto the baking tray. Mash the hot potato with the cream cheese and butter. Add the finely diced red peppers, chives, black pepper and gently mix.

Fold in the infused tuna and carefully pile the fish mash into the potato skins. In a bowl mix the grated cheese, breadcrumbs and mixed herbs.

Sprinkle over the filled potatoes, pressing into place if necessary. Place under a hot grill for a minute or two until the cheesy breadcrumb topping is golden and bubbling.

Harriette says

"This high protein meal is ideal for the active individual. Serve with a 60g side salad."

TUNA PESTO & RICE SALAD



SERVES: 2



TIME: 30 MINS

INGREDIENTS

- 1 can of John West No Drain in Brine
- 110g brown basmati rice
- 140g frozen peas
- 2 tbs pesto
- 150g cherry tomatoes, halved
- Salt and Pepper

METHOD

Cook the brown basmati rice in salted water according to packet instructions, until tender.

Just before its done add the frozen peas and bring back to the boil, drain and cool.

Stir in cherry tomatoes, pesto and the John West Tuna Chunks. Season to taste and serve.

Harriette says

"This meal is low in saturated fat, salt and sugar. It is an ideal snack for the active person as an after workout snack."

CHILLI & GARLIC TUNA STIR FRY



SERVES: 2



TIME: 30 MINS

INGREDIENTS

- 1 can infusions Tuna - Chilli & Garlic (130g)
- 5 Spring onions shredded
- 1 Red Pepper, cut into strips
- 6 asparagus spears, sliced
- 10 pieces of mange tout, sliced in half
- 1 pok choi, cut into quarters
- 2 garlic cloves, thinly sliced
- 2cm piece of fresh ginger, cut into match sticks
- 2 tbs soy sauce
- 1 tbs honey
- 1 tbs sunflower oil
- 125g dried egg noodles
- 1 tsp sesame seeds, lightly toasted
- 1 tbs freshly chopped coriander

METHOD

Mix the soy sauce and honey, leave to one side. Place a wok or large frying pan over a high heat, add the sunflower oil and sesame oil and leave until hot before adding garlic and ginger and fry for 20 - 30 seconds.

Add the spring onions, asparagus, red pepper, mangetout and pok choi and continue cooking for a couple of minutes until the vegetables soften.

Pour in the soy sauce, honey and noodles, cook for another minute and then add the chilli and garlic infused tuna and coriander. Cook for 20 seconds, mix then serve with toasted sesame seed and coriander.

Harriette says

"This light meal is low in saturated fat and will provide one of your five a day."

PASTA BAKE



SERVES: 2



TIME: 50 MINS

INGREDIENTS

- 2 x 120g cans of John West No Drain Tuna in Brine
- 4 spring onions, finely chopped
- 50g frozen peas
- 50g tinned corn
- 360g penne pasta, cooked according to the pack's instruction
- 40g butter
- 40g plain flour
- 600ml warmed milk
- 100g cheddar cheese, grated
- 100g coarse breadcrumbs
- 2 tsp chopped parsley

METHOD

Pre-heat your oven to 180°C/gas mark 5. Gently melt the butter in a saucepan and then stir in the flour. Over a low heat, slowly add the warmed milk, a little at a time. Stir continuously until you have a smooth white sauce.

Next, stir in the cheese, peas, spring onions and corn. Season with salt and pepper and remove from the heat. Tip the cooked penne pasta into a small oven dish, open the tuna and flake it over the pasta. Pour over the cheese and vegetable sauce, smoothing off the top.

Finally, scatter over the coarse breadcrumbs, sprinkle with parsley and bake for 15-20 minutes.

Harriette says
"Why not serve this main dish with steamed broccoli, kale or spinach to create a balanced meal."



/JohnWestIreland



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