EVERYDAY FISH RECIPES

12 RECIPES FULL OF FISH GOODNESS FOR BREAKFAST, LUNCH AND DINNER!
John West is well known for its quality and the convenience of its products. We have been helping consumers to get fish goodness through our extensive range of products for decades.

As you are aware as part of a healthy diet, it is recommended to eat fish twice a week. John West has been making it easy and convenient.

You might be used to eating John West products for lunch, in sandwiches and salads. With this recipe booklet, we want to show you how to also use John West tuna, salmon, mackerel and sardines in tasty dinner recipes, or even for breakfast & brunch. These recipes will inspire you to create balanced and delicious fish meals to include in your weekly routine.

Bon appetit!

Anne-Claire Monde
Marketing Manager
John West Ireland

“Tanned fish has fish goodness. It is a quick and convenient way to add some great nutrition to whatever you eat”.

Sarah Keogh
Consultant Nutritionist - MSc., BSc., MINDI
Sarah has a degree in Human Nutrition and Dietetics from Trinity College and a Masters in European Food Regulation. She runs a food and nutrition consultancy giving one-to-one advice on nutrition and diet as well as working with some of Ireland's leading food companies.

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Nutrition is essential to good health and fish is an important part of a healthy diet. Fish is rich in protein and offers a wide range of beneficial vitamins and minerals. Oil-rich fish like salmon and mackerel are great sources of vitamin D as well as healthy omega-3 fats. Fish is also a good source of minerals like iodine and selenium as well as a range of B vitamins.
**CHILLI & GARLIC TUNA STIR FRY**

**METHOD**
Combine the tuna, teriyaki sauce, breadcrumbs and egg whites in a bowl until well mixed together. Add the garlic and tabasco and season with salt and pepper. Mix again, then form into two patties.

Cook the tuna burgers in a frying pan for about 2 to 3 minutes on each side and until brown and golden.

Serve immediately in lightly toasted sesame buns with a little mayonnaise, tomatoes and lettuce.

**INGREDIENTS**
- 1 120g can John West No Drain Tuna
- 60ml teriyaki sauce
- 50g breadcrumbs
- 1 egg white
- ¼ tsp crushed garlic
- 2 drops tabasco
- A little vegetable oil for frying
- Salt and pepper to season

**SERVES:** 2  **TIME:** 15 MINS

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**TUNA BURGER**

**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, 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.

**INGREDIENTS**
- 2 80g cans of John West No Drain Infusions Chilli & Garlic
- 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

**SERVES:** 2  **TIME:** 20 MINS
TUNA PASTA PESTO

A TUNA RECIPE PERFECT FOR THE WHOLE FAMILY OR FOR THE ACTIVE INDIVIDUAL

**METHOD**

Preheat the oven to 200 °C.

Sprinkle the tomatoes with olive oil and roast them for 10 minutes in the oven.

In a pan, heat a bit of olive oil. Chop the onion and fry for few minutes until soft.

Meanwhile, cook pasta in boiling salted water, and drain.

Add the pesto sauce, tuna and onion and mix gently.

Arrange the pasta on plates and garnish with the roasted tomatoes.

Finish off with some coarse sea salt and pepper.

**INGREDIENTS**

- 400g penne pasta
- 2 cans of John West Tuna No Drain
- 70 grams of green pesto
- 250g cherry tomatoes
- 1 red onion
- 5 tbsp. olive oil
- Coarse sea salt and pepper

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SALMON & CHEESY POTATO PIE

A RICH, CREAMY AND WARMING FAVOURITE WITH AN IRRESISTIBLE GOLDEN TOPPING

**METHOD**

Preheat the oven to 190°C / Gas Mark 5.

Pop the John West Salmon into a pie dish and break up roughly with a fork.

Mix the cheese sauce, tarragon and spring onions together and season with black pepper and spoon over the salmon.

Top with the ready-made mashed potato (you can easily use left-over mash too), dot with the butter and sprinkle with the cheddar cheese.

Place in the oven for 15 minutes or until everything is bubbling and piping hot. Serve.

**INGREDIENTS**

- 1 large can John West Red Salmon Skinless & Boneless, drained
- 1 tub ready-made cheese sauce
- 2 tsp dried tarragon
- 4 spring onions, finely sliced
- 400g ready-made mashed potato
- 15g butter
- 40g mature cheddar cheese, grated
- Salt and pepper
**TUNA & EGG SALAD**

**WITH ASPARAGUS & ONIONS**

WHO’D HAVE THOUGHT TUNA & POACHED EGG WORK SO WELL TOGETHER?

SERVES: 4    TIME: 20 MINS

**METHOD**

Cook the onion slices in a bit of olive oil until golden brown. Place onto kitchen paper and allow to cool.

For the dressing, mix the mustard, vinegar and olive oil into a bowl and whisk well. Season to taste and set aside.

Poach the eggs - one at a time - for 3 to 4 minutes in a pan of salted boiling water (break the egg into a cup, whisk the water to a whirlpool and lower the egg into the middle).

Place the warm asparagus / courgettes on the plates, place the salad leaves on top and drizzle with half the dressing. Add John West No Drain Tuna and toss lightly together. Then add the poached egg. Pile the onion rings and drizzle with the remaining dressing.

Enjoy!

**INGREDIENTS**

- 2 130g cans John West No Drain Tuna Steak with a little olive oil
- 8 ½ tbsp. extra virgin olive oil
- 1 onion, peeled and thinly sliced into rings
- 4 medium sized eggs
- 2 heads baby little gem lettuce, stalk removed
- 50g fresh watercress (optional)
- 1 bunch asparagus, cooked in boiling water. You can also use courgettes.
- 1 tbsp. dijon mustard
- 2 tbsp. red wine vinegar Salt and pepper

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**SALMON TERIYAKI**

GRAB A TASTE OF THE EAST WITH THIS SALMON TERIYAKI RECIPE. DELICIOUS AND IDEAL FOR DINNER.

SERVES: 2    TIME: 20 MINS

**METHOD**

Start with the dressing by simply placing all the ingredients into a small saucepan, stir and bring to the boil over a medium heat. Boil until the sugar has dissolved and remove from the heat and leave to cool.

Peel the courgette lengthways into ribbons and cook them on a griddle pan until nicely charred on one side, remove to a plate.

Cook the broccoli and the baby corns until nicely charred, turning them over every so often and remove to a plate.

Display the salad leaves on serving plates. Place the charred vegetables and salmon over the salad. Drizzle over with teriyaki dressing and finish the dish with a sprinkling of chilli, spring onions and sesame seeds.

**INGREDIENTS**

- 1 large can of John West Pink or Red Salmon Skinless & Boneless
- 1 medium courgette
- 100g tender broccoli stem
- 5 baby corns, cut in half lengthways
- 1 tbsp. olive oil
- 1 red chilli finely cut,
- 2 spring onions, finely chopped,
- 1 tsp. toasted sesame seeds
- 75g watercress / lettuce
- Dressing: 100ml soy sauce, 100ml Japanese rice wine (optional), 1 tbsp. brown sugar, 1 minced garlic clove, ½ tsp. minced ginger
SALMON OMELETTE

A FLAVOUR-PACKED LIGHT MEAL WITH BAGS OF TASTE. IDEAL FOR BREAKFAST OR BRUNCH.

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.

Repeat to make second omelette.

INGREDIENTS

- Knob of butter
- 4 eggs - beaten
- Salt and pepper
- John West Wild Pink or Red Salmon Skinless and Boneless
- 2 tbsp cheddar cheese - grated
- 1-2 tbsp fresh chives - chopped

GRILLED SARDINES

WITH CARAMELISED ONIONS & BASIL

QUICK, HEALTHY AND EVER SO TASTY!

METHOD

Place pan over a medium heat, add a little of the oil along with the onion wedges and a whole garlic clove. Allow to colour.

Add the balsamic vinegar. Bring to the boil, then reduce the heat and cook for 3 to 4 minutes.

When the vinegar has reduced, add the sugar and allow to dissolve, then remove from the heat.

Add chopped basil leaves and seasoning, then divide between the serving plates.

Put the sardines into the pan and gently warm with the remainder of the oil.

Place on top of onions and drizzle with the juices from the pan and serve.

INGREDIENTS

- 3 120g cans John West Grilled Sardines (in brine - with a slice of lemon)
- 3 tsp olive oil
- 2 small red onions, peeled and cut into wedges
- 1 garlic clove, peeled
- 25ml balsamic vinegar
- 1 tsp caster sugar
- 10g fresh basil, chopped
**FIERY TUNA QUESADILLAS**

**A SATISFYING MOREISH LUNCH OR BRUNCH**

**METHOD**

Place the Infusions Tuna, sweetcorn, black beans, peppers, spring onion and sour cream into a mixing bowl. Season and mix gently.

Heat a lightly oiled frying pan over a medium heat. Once hot, add a tortilla and allow to slightly brown on the bottom.

Spread half of the tuna mixture onto the tortilla and even out - do not overfill. Top with half of the cheese.

Place a second tortilla on top and press down. After 1 minute, flip the tortilla so that the new tortilla is on the bottom. Leave to brown and crisp. Allow for the cheese to melt.

Transfer onto a wooden board and cut into wedges. Garnish with chopped parsley. Serve with soured cream and wedges of lime. Repeat to make second quesadilla.

Enjoy!

**INGREDIENTS**

- 80g cans of Infusions Tuna - Tangy Jalapeno or Chipotle
- 2 tbsp. finely diced red or green peppers
- 2 tbsp. of sweetcorn kernels
- 2 tbsp. black beans
- 4 small soft tortillas
- 2 large tbsp. of sour cream
- 2 tbsp. finely chopped spring onions
- 80g of grated cheddar cheese
- Parsley and wedges of lime to garnish and serve

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**INDIAN TUNA PITTA POCKETS**

**AN EXOTIC BURST OF FRESH FLAVOURS, PERFECT FOR LUNCH!**

**METHOD**

Place the Infusions Tuna, sweetcorn, black beans, peppers, spring onion and sour cream into a mixing bowl. Season and mix gently.

Heat a lightly oiled frying pan over a medium heat. Once hot, add a tortilla and allow to slightly brown on the bottom.

Spread half of the tuna mixture onto the tortilla and even out - do not overfill. Top with half of the cheese.

Place a second tortilla on top and press down. After 1 minute, flip the tortilla so that the new tortilla is on the bottom. Leave to brown and crisp. Allow for the cheese to melt.

Transfer onto a wooden board and cut into wedges. Garnish with chopped parsley. Serve with soured cream and wedges of lime. Repeat to make second quesadilla.

Enjoy!

**INGREDIENTS**

- 80g cans of Infusions Tuna - Tangy Jalapeno or Chipotle
- 2 large wholemeal pittas grilled, cut lengthways in half and open
- 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
- Pita pockets

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**METHOD**

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

In a 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!
MACKEREL KEDGEREE

A BREAKFAST OR BRUNCH DISH, OR A LIGHT MEAL WITH A DELICIOUS DIFFERENCE!

SERVES: 2  TIME: 25 MINS

METHOD
Melt the butter with the olive oil in a large saucepan and gently fry the chopped onion until soft.

Add the garlic and curry powder and cook for 1 further minute.

Place the uncooked rice into a sieve and rinse under cold water until the water runs clear. Drain. Add to the saucepan and fry for 1 minute until the rice grains are coated in the spice.

Add the vegetable stock, peas and lemon zest to the pan and cover with a lid or tin foil.

Cook for 2 minutes. Then remove the pan from the heat and leave to rest for 10 minutes.

After 10 minutes, add the mackerel in Korma Style Sauce, tomatoes and spring onions to the pan, gently folding the ingredients together.

Garnish with sliced hard-boiled eggs and chopped fresh coriander, and serve.

INGREDIENTS
• 1 can John West Mackerel Fillets in Korma Style Sauce
• 175g basmati rice
• 1 small onion chopped
• 2 tomatoes chopped
• 2 spring onions chopped
• 30g frozen peas
• 1 tsp. olive oil
• 25g butter
• Zest of 1 lemon
• 1 tsp. curry powder
• 1 clove of garlic
• 250ml vegetable stock
• 2 tbsp. fresh coriander
• 4 hard-boiled eggs, to serve

MACKEREL IN BLACK BEAN SAUCE

A DELICIOUS FISH DISH WITH AN AUTHENTIC CHINESE FLAVOUR

SERVES: 4  TIME: 10 MINS

METHOD
Place a pan over a medium heat, drizzle a little oil in and add the onion along with the chilli.

Allow to cook for 2 minutes then add the pak choi and cook until it starts to wilt.

Add half of the black bean sauce and cook for 1 minute, remove from the heat and set to one side.

Place a pan over a medium heat and add the John West Mackerel Fillets, then pour on the remainder of the bean sauce and bring to the boil.

Cook for 2 to 3 minutes, then remove from the heat.

Place a pile of the pak choi in the centre of a plate and then arrange the mackerel on top.

Drizzle a little of the sauce around and serve.

INGREDIENTS
• 2 110g cans John West Steam Cooked Mackerel Fillets - Natural With No Added Brine / Little Olive Oil
• 225g chopped pak choi
• 125g black bean sauce
• 1 onion peeled and diced
• 1 red chilli finely diced
• 1 tsp. olive oil
And for those times when you simply need a quick ingredient to eat on crackers, or even a full meal packed with fish goodness on-the-go, why not try:

**Spreadables**

**Light Lunch**

**Twists**

**Steam Pots**

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