

# CATCH OUR SELECTION *of* SEAFOOD





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# OCEAN SELECTIONS

Birds Eye have created a range that makes including the goodness of fish and seafood in your weekly meals so easy.

With flavours like Korean BBQ, Moroccan, Teriyaki and Herb Salsa, our Ocean Selections seasoned fish simply need a salad or vegetable side to create a delicious and impressive dinner. And if you like to be in charge of the flavour, our natural fillets of tuna, barramundi and raw prawns leave the creativity up to you.

This collection of recipes is here to inspire you!

Every flavour packed recipe has the health benefits identified by simple nutrition stamps. Eating well has never been so easy!



Recipe contains at least **2+ serves of vegetables per serve of the recipe**, as per Australian Dietary Guidelines i.e. recipe contains at least **150g vegetables**.



Recipe contains **two types** of protein, from plant or animal sources.



Recipe contains at least **1+ serves of protein** as per Australian Dietary Guidelines and contains at least 10g protein per serve.



Recipe contains any type of **seafood**, which is a source of healthy omega-3 fats.



# MOROCCAN FISH FILLETS WITH CHICK PEA TAGINE



A simple tomato, capsicum & chick pea tagine makes the perfect base for Moroccan flavoured fish fillets.

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



## INGREDIENTS

500g packet frozen **Birds Eye Ocean Selections Fish Fillets – Moroccan**

1 tablespoon oil

1 onion, chopped

1 red capsicum, cut into thin strips

1 teaspoon each paprika and ground cumin

400g can chopped tomatoes

400g Edgell Chick Peas, drained

¼ cup chopped fresh coriander, plus extra, for serving

## PREPARATION

1. Remove 2 frozen Birds Eye Fish Fillets from packet and thaw following quick thaw packet directions.
2. Meanwhile, heat oil in a saucepan over medium heat. Sauté onion and capsicum for 3-4 minutes until softened.
3. Add spices and cook for a further 30 seconds. Add tomatoes and Edgell Chick Peas, reduce heat to low and cook uncovered for a further 10 minutes until slightly thickened. Stir through coriander.
4. Meanwhile, cook thawed fish following pan cook packet directions. Serve with chick pea tagine.

PROTEIN BOOST

OMEGA-3

2+  
SERVES VEG



*TIP: Chick pea tagine can be made a day ahead and refrigerated. Reheat before serving with fish.*

# HERB SALSA BARRAMUNDI WITH SHAVED FENNEL SALAD



A vibrant & crisp fennel salad with succulent herb flavoured barramundi.

PREP 20 MINS  
(plus extra for thawing)  
COOK 10 MINS  
SERVES 2



## INGREDIENTS

- 250g packet frozen **Birds Eye Ocean Selections Barramundi - Herb Salsa**, thawed
- 1 medium fennel, thinly sliced, fronds reserved for garnish
- 1 orange, segmented
- 4 baby cucumbers, thinly sliced
- 120g fine rocket leaves
- ¼ cup fresh baby mint leaves
- 2 tablespoons toasted pistachio nuts, chopped
- Store bought honey and mustard style dressing, for drizzling

## PREPARATION

1. Cook thawed Birds Eye Barramundi following pan cook packet directions.
2. Combine fennel, orange, cucumbers, rocket and mint in a large bowl. Toss gently to combine.
3. Serve salad with barramundi, topped with pistachio nuts and drizzled with dressing.



SOURCE OF PROTEIN

OMEGA-3

*TIP: Try using Birds Eye Ocean Selections Moroccan Barramundi in this recipe.*



# CRISPY SKIN BARRA WITH CHARRED GREENS



Barramundi served with creamy mash, charred greens & topped with toasted macadamia nuts & lemon zest.

PREP 20 MINS  
(plus extra for thawing)  
COOK 10 MINS  
SERVES 2



## INGREDIENTS

- 250g packet frozen **Birds Eye Ocean Selections Barramundi**, thawed
- 1 tablespoon oil
- 100g frozen Birds Eye Baby Beans
- 1 bunch young asparagus, trimmed
- 2 tablespoons chopped toasted macadamia nuts
- Zest of  $\frac{1}{2}$  small lemon
- 2 teaspoons chopped fresh parsley
- 150g frozen Birds Eye Mashed Potato, heated following packet directions

## PREPARATION

1. Pat thawed Birds Eye Barramundi skin dry with paper towel and lightly rub 1 teaspoon oil over skin.
2. Heat 2 teaspoons oil in a good non stick frypan over medium-high heat. Cook barramundi skin side down for 6 minutes until skin is golden and crispy. Turn and cook a further 3 minutes.
3. Meanwhile, heat remaining oil in a separate frypan and cook frozen Birds Eye Baby Beans for 5 minutes. Add asparagus to beans and continue to cook for a further 2 minutes or until charred.
4. Combine macadamia nuts, lemon zest and parsley. Spoon hot Birds Eye Mashed Potato on serving plates, top with charred beans and asparagus and place fish on top. Sprinkle dish with nut mixture.

SOURCE OF  
PROTEIN

2+  
SERVES VEG

OMEGA-3



*TIP: Use any of the delicious flavoured Birds Eye Ocean Selections range in this recipe.*

# MOROCCAN FISH WITH DUKKAH ROASTED VEGETABLES



Dukkah roasted pumpkin and cauliflower with spinach, mint & pomegranate seeds accompany Moroccan fish.

PREP 15 MINS  
COOK 30 MINS  
SERVES 2



## INGREDIENTS

500g packet frozen **Birds Eye Ocean Selections Fish Fillets – Moroccan**

½ small cauliflower, cut into small florets

½ small butternut pumpkin, thinly sliced

Oil spray

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 Fish Fillets from packet. Place on a baking paper lined tray. Place pumpkin and cauliflower on a separate baking paper lined tray. Lightly spray with oil and sprinkle with dukkah. Cook both trays in a preheated oven at 200°C for 25-30 minutes.
2. Gently toss spinach with vegetables and arrange on serving plates, lightly drizzle with lemon oil, sprinkle with pomegranate seeds and mint leaves.
3. Serve vegetables topped with cooked fish.

SOURCE OF  
PROTEIN

OMEGA-3

2+  
SERVES VEG



*TIP: Other vegetables of choice may be roasted to accompany the fish. Try locate a pistachio dukkah if you can for a classic Moroccan addition.*



# KOREAN BBQ TUNA & VEGETABLE SKEWERS



A Korean way of serving skewers at home with all the flavour but without needing a Korean BBQ.

PREP 20 MINS  
(plus extra for thawing)  
COOK 10 MINS  
SERVES 2



## INGREDIENTS

- 500g packet frozen **Birds Eye Ocean Selections Tuna - Korean BBQ**
- 2 large flat mushrooms (or king brown mushrooms)
- 1 each red and yellow capsicum
- 6 asparagus spears, trimmed
- Julienne spring onion and toasted sesame seeds, for garnish
- Kimchi, chilli, soy sauce and rice, for serving

## PREPARATION

1. Remove 2 frozen Birds Eye Tuna portions from packet and thaw following quick thaw packet directions.
2. Cut thawed tuna into 2cm thick batons. Thickly slice mushrooms. Cut capsicum into similar size strips.
3. Thread top quarter of tuna and vegetables onto skewers alternating ingredients. Tuna will be delicate, so take extra care when threading it.
4. Heat a little oil in a non stick frypan or on a chargrill pan over medium-high heat. Cook skewers a few at a time, taking care not to overlap and ensure ingredients sit flat in pan. Cook for 3 minutes on both sides or until lightly charred and tuna cooked.
5. Garnish skewers with julienne spring onion and sesame seeds. Serve with kimchi, sauces and rice.



SOURCE OF PROTEIN

OMEGA-3

*TIP: Use your favourite combination of vegetables when assembling skewers, such as red onion, green beans or green capsicum.*



# BARRAMUNDI PAELLA



A Spanish inspired one pot dish of rice, vegetables and barramundi cooked in saffron spiced stock.

PREP 15 MINS  
(plus extra for thawing)  
COOK 35 MINS  
SERVES 2



## INGREDIENTS

- 250g packet frozen **Birds Eye Ocean Selections Barramundi**, thawed
- 1 tablespoon olive oil
- 1 small onion, finely diced
- 2 teaspoons frozen Birds Eye Chopped Garlic (see tip)
- 1 small red capsicum, sliced
- 1 tablespoon Leggo's Tomato Paste
- ¼ cup paella rice
- 2½ cups fish, chicken or vegetable stock
- ¼ teaspoon ground saffron
- ⅓ cup frozen Birds Eye Garden Peas
- Lemon wedges and finely chopped fresh parsley, for serving

## PREPARATION

1. Cut thawed Birds Eye Barramundi portions into half. Heat oil in a medium non stick frypan or paella pan over medium heat. Cook barramundi for 3 minutes on both sides. Transfer to a plate.
2. Add onion to pan and cook for 2 minutes. Add frozen Birds Eye Garlic and capsicum, cook for 2 minutes. Add Leggo's Tomato Paste and cook for a further minute.
3. Add rice to pan and stir well to coat in oil. Spread rice evenly across the base of pan. Pour in stock, bring to boil. Add saffron, reduce heat to low. Cook uncovered simmering for 15 minutes without stirring until most of the liquid has been absorbed.
4. Sprinkle over frozen Birds Eye Peas, gently press barramundi portions into rice. Cook a further 5 minutes. Rice should be firm but cooked. If rice needs more time, add a little extra hot stock and continue to cook for a few more minutes.
5. Cover paella, stand for 5 minutes. Sprinkle with parsley and serve with lemon wedges.



SOURCE OF PROTEIN

OMEGA-3

*TIP: Resting the paella allows the rice to gently absorb any remaining liquid without becoming overcooked or too dry. Two teaspoons of frozen Birds Eye Garlic is equivalent to approximately 1 clove of fresh.*



# GARLIC & CHILLI PRAWN PASTA



Garlic, chilli, lemon zest and parsley with succulent prawns in an easy to prepare pasta.

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



## INGREDIENTS

500g packet frozen **Birds Eye Ocean Selections Raw Prawns**

½ teaspoon smoked paprika

200g spaghetti or linguine

1 tablespoon extra virgin olive oil

2 teaspoons frozen Birds Eye Chopped Garlic

2 red chillies, deseeded and finely chopped

½ cup white wine

2 tablespoons finely chopped fresh parsley

Finely grated zest of 1 small lemon

## PREPARATION

1. Remove 250g frozen Birds Eye Prawns from packet and thaw following packet directions. Once thawed, drain and sprinkle paprika over prawns and gently toss to coat.
2. Cook pasta following packet directions. Drain and keep warm, reserving ¼ cup of pasta cooking water.
3. Meanwhile, heat oil in a large non stick frypan over high heat. Add prawns and cook for 3 minutes, turning halfway. Add frozen Birds Eye Garlic and chilli and cook, stirring frequently, for 1 minute.
4. Pour in white wine, allow the alcohol to evaporate and reduce slightly, about 1 minute. Add cooked pasta, parsley and lemon zest, toss to combine thoroughly (add reserved pasta cooking water if pasta appears too dry). Season to taste and serve immediately.



SOURCE OF PROTEIN

OMEGA-3

*TIP: Use the juice from zested lemon to replace white wine.*



# TERIYAKI FISH WITH COLOURFUL RICE SALAD



Teriyaki fish fillets with a colourful salad of mixed rice, cherry tomatoes, cucumber & spring onion.

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



## INGREDIENTS

- 500g packet frozen **Birds Eye Ocean Selections Fish Fillets – Teriyaki**
- 250g packet microwavable brown, red and wild rice medley, heated
- 200g cherry tomatoes, halved
- 1 Lebanese cucumber, halved lengthways and sliced
- 2 spring onions, julienned, plus extra for garnish
- Toasted sesame seeds and lime wedges, for serving

## PREPARATION

1. Remove 2 frozen Birds Eye Fish Fillets from packet and thaw following quick thaw packet directions.
2. Cook thawed fish following packet directions.
3. Meanwhile, toss warmed rice with tomatoes, cucumber and spring onions. Divide salad between serving plates, top with cooked fish. Serve with sesame seeds, extra spring onions and lime wedges.



SOURCE OF PROTEIN

OMEGA-3

*TIP: Any rice combination can be used in this recipe.*



# SESAME TUNA WITH PONZU & CUCUMBER SALSA



Sesame crusted tuna slices with a spicy cucumber salsa & ponzu dressing.

PREP 20 MINS  
(plus extra for thawing)  
COOK 5 MINS  
SERVES 2



## INGREDIENTS

250g packet frozen **Birds Eye Ocean Selections Tuna**, thawed  
¼ cup sesame seeds  
1 tablespoon oil  
1 Lebanese cucumber, finely diced  
½ long red chilli or small red chilli for extra heat, deseeded and finely chopped  
¼ red onion, finely diced  
Ponzu sauce and sesame oil, for drizzling  
Steamed white rice, for serving

## PREPARATION

1. Slice thawed Birds Eye Tuna horizontally into 1½ cm thick strips.
2. Pour sesame seeds onto a large flat plate and press tuna strips into seeds on both sides to coat.
3. Heat oil in a medium non stick frypan over medium-high heat and cook each side for 2 minutes. Remove and set aside.
4. Serve tuna on cooked rice and top combined cucumber, chilli and onion. Drizzle with ponzu sauce and sesame oil.



SOURCE OF PROTEIN

OMEGA-3

*TIP: Ponzu is a Japanese soy and citrus dressing. You can make your own simple version by combining ½ teaspoon mirin, 1 teaspoon lemon juice or orange juice, and 1 tablespoon of soy sauce in a screw top jar. Shake well before drizzling.*



# MOROCCAN BARRAMUNDI WITH CHICK PEA COUSCOUS SALAD



Moroccan barramundi with a fragrant couscous salad & fetta topping.

PREP 20 MINS  
(plus extra for thawing)  
COOK 10 MINS  
SERVES 2



## INGREDIENTS

500g packet frozen **Birds Eye Ocean Selections Barramundi – Moroccan**

$\frac{2}{3}$  cup couscous

$\frac{2}{3}$  cup boiling vegetable stock

2 tablespoons olive oil

Finely grated zest of 1 lemon

1 tablespoon lemon juice

1 spring onion, thinly sliced

400g can Edgell Chick Peas, drained

200g cherry tomatoes, roughly chopped

2 tablespoons each chopped fresh parsley and mint

1 cup rocket leaves

Crumbled fetta, for serving

## PREPARATION

1. Remove 2 frozen Birds Eye Barramundi portions from packet and thaw following quick thaw packet directions.
2. Combine couscous and boiling stock in a large bowl, cover with cling wrap. Stand for 5 minutes. Fluff with fork and set aside to cool slightly.
3. Combine oil, lemon zest and juice in a screw top jar to make a dressing. Set aside.
4. Cook thawed barramundi following pan cook packet directions.
5. Meanwhile, add spring onion, Edgell Chick Peas, tomatoes, herbs and rocket to couscous, toss together. Drizzle with dressing and spoon onto serving plates. Top with cooked barramundi. Serve sprinkled with fetta.

PROTEIN BOOST

OMEGA-3

2+  
SERVES VEG



*TIP: Couscous salad can be assembled up to 3 hours ahead and refrigerated.*



# PAN FRIED TUNA WITH WARM POTATO SALAD



Pan fried tuna tossed through warm baby potatoes & green beans with a wholegrain mustard dressing.

PREP 15 MINS  
(plus extra for thawing)  
COOK 30 MINS  
SERVES 2



## INGREDIENTS

- 300g (4-5) baby potatoes
- 100g frozen Birds Eye Baby Beans
- ½ small red onion, thinly sliced
- 1 tablespoon extra virgin olive oil
- ½ teaspoon wholegrain mustard
- Juice of ½ small lemon, wedges of remaining half, for serving
- 250g packet frozen **Birds Eye Ocean Selections Tuna**, thawed

## PREPARATION

1. Place whole, unpeeled potatoes in a saucepan and cover with water. Bring to the boil, reduce heat and simmer uncovered for 15-20 minutes or until potatoes are just cooked. In the last minute of cooking time, bring to the boil then add frozen Birds Eye Baby Beans. Drain.
2. Allow potatoes to cool slightly. Meanwhile, combine oil, mustard and lemon juice in a screw top jar to make a dressing. Season to taste then shake well. Cut potatoes in half, or thirds for larger potatoes, and transfer to a bowl with beans and onion. Pour desired amount over warm potatoes and beans. Toss gently to combine.
3. Cook thawed Birds Eye Tuna following pan cook packet directions. Break into chunks then add to potato and beans mixture, tossing gently to combine.
4. Divide salad between serving plates. Serve with lemon wedges.

SOURCE OF PROTEIN

OMEGA-3

2+  
SERVES VEG



*Starting the potatoes in cold water avoids uneven cooking as submerging straight into boiling water can overcook the outside of the potato but leave the inside raw.*



# TERIYAKI FISH WITH SESAME CHILLI GREENS



A classic combination of teriyaki fish & rich sesame oil flavoured charred broccolini, snow peas & beans.

PREP 15 MINS  
(plus extra for thawing)  
COOK 15 MINS  
SERVES 4



## INGREDIENTS

500g packet frozen Birds Eye Ocean Selections Fish Fillets - Teriyaki, thawed

3 teaspoons oil

1 teaspoon sesame oil

1 bunch broccolini, halved lengthways

100g snow peas or sugar snap peas, trimmed

150g green beans, trimmed

1 long red chilli, thinly sliced

1 tablespoon light soy sauce, for drizzling

Soba noodles, for serving

Toasted sesame seeds, fresh coriander leaves and extra sliced chilli, for garnish

## PREPARATION

1. Cook thawed Birds Eye Fish Fillets following pan cook packet directions.
2. Meanwhile, heat oil and sesame oil in large non stick frypan or wok over medium-high heat. Add vegetables, chilli and stir fry until cooked and slightly charred.
3. Serve vegetables with fish, drizzled with soy sauce, soba noodles, garnished with sesame seeds, coriander and extra chilli.



SOURCE OF PROTEIN

OMEGA-3

*TIP: Use halved bok choy instead of broccolini for an even more authentic Asian touch.*

# KOREAN BBQ BARRA WITH ASIAN GREENS & BROTH



Tasty Korean BBQ barramundi with Asian greens & soba noodles in a light chilli flavoured broth.

PREP 15 MINS  
(plus extra for thawing)  
COOK 20 MINS  
SERVES 2



## INGREDIENTS

- 250g packet frozen **Birds Eye Ocean Selections Barramundi - Korean BBQ**, thawed
- 90g soba noodles
- 400g Asian greens (e.g. broccolini, bok choy, snow peas)
- $\frac{2}{3}$  cup boiling water
- 2 tablespoons gochujang paste (Korean chilli paste)
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- Toasted sesame seeds, julienne spring onion, for garnish

## PREPARATION

1. Cook thawed Birds Eye Barramundi following oven bake packet directions. Meanwhile, cook soba noodles and place a steamer or sieve over the saucepan to steam the vegetables at the same time.
2. Place noodles and steamed Asian greens in serving bowls.
3. Combine boiling water, gochujang paste, soy sauce and sesame oil to make a light broth. Pour over noodles and greens. Top with cooked fish fillets.
4. Garnish with sesame seeds and spring onions.

SOURCE OF PROTEIN

OMEGA-3

2+  
SERVES VEG



*TIP: Use your favourite Asian greens combination in this recipe.*



# ASIAN PRAWN SALAD WITH CUCUMBER NOODLES & CASHEWS



Cucumber & carrot noodles with tons of fresh herbs compliment pan fried prawns and roasted cashews.

PREP 20 MINS  
(plus extra for thawing)  
COOK 5 MINS  
SERVES 2



## INGREDIENTS

500g packet frozen **Birds Eye Ocean Selections Raw Prawns**

10 snow peas, finely sliced

2 carrots, shredded (see tip below)

1 Lebanese cucumber, shredded (see tip below)

¼ cup roughly chopped fresh coriander

¼ cup roughly chopped fresh Thai basil or mint leaves

¼ cup roasted unsalted cashews, chopped

Asian style dressing of choice, for serving

## PREPARATION

1. Remove 250g frozen Birds Eye Prawns from packet and thaw following packet directions.
2. Cook prawns following pan cook packet directions.
3. In a large bowl, combine snow peas, carrot, cucumber, herbs and dressing. Toss to combine.
4. Divide salad into serving bowls, top with prawns, sprinkle over cashews and serve immediately.



SOURCE OF PROTEIN

OMEGA-3

*TIP: To create "noodles" from vegetables such as cucumber, carrots and zucchini there are a few kitchen tools that can be used, including a mandolin, julienne peeler and spiraliser.*

# KOREAN BBQ TUNA WITH GREEN SLAW



Korean flavoured tuna with crisp slaw and a delicate sesame, soy & honey dressing.

PREP 25 MINS  
(plus extra for thawing)  
COOK 10 MINS  
SERVES 4



## INGREDIENTS

500g packet frozen **Birds Eye Ocean Selections Tuna – Korean BBQ**

1½ tablespoons each light soy sauce, vinegar and oil

3 teaspoons each sesame oil and honey

6-7 cups finely shredded green cabbage

1 large Granny Smith apple, julienned

1 cup frozen Birds Eye Garden Peas, cooked following packet directions

½ cup each fresh baby mint leaves and fresh coriander leaves

2 spring onions, julienned, plus extra for garnish

Toasted black & white sesame seeds, for garnish

## PREPARATION

1. Thaw frozen Birds Eye Tuna following quick thaw packet directions.
2. Combine soy sauce, vinegar, oil, sesame oil and honey in a small screw top jar to make dressing and set aside.
3. Place cabbage, apple, cooked Birds Eye Peas, herbs and spring onions in a large bowl and toss to combine.
4. Cook thawed tuna following pan cook packet directions.
5. Drizzle dressing over salad and toss gently to combine. Serve with tuna, garnished with sesame seeds and extra spring onion.

SOURCE OF PROTEIN

OMEGA-3

2+  
SERVES VEG



*TIP: Thinly slice the cooked tuna and serve gently tossed through slaw.*



# MOROCCAN BARRA WITH LENTIL SALAD



Moroccan barramundi served with a classic salad of lentils, carrots, currants, herbs & pistachios.

PREP 15 MINS  
COOK 30 MINS  
SERVES 2



## INGREDIENTS

- 500g packet frozen **Birds Eye Ocean Selections Barramundi – Moroccan**
- 2 small carrots, thinly sliced
- 400g can Edgell Brown Lentils, rinsed and drained
- 2 tablespoons currants
- 2 spring onions, thinly sliced
- 2 tablespoons each chopped fresh mint and coriander
- 2 tablespoons chopped roasted pistachios or almonds
- Store bought French or lemon vinaigrette dressing, for drizzling

## PREPARATION

1. Remove 2 frozen Birds Eye Barramundi portions from packet and place on a baking paper lined tray. Add carrots to the same tray and lightly spray with oil. Cook frozen fish and carrots following oven bake packet directions.
2. Meanwhile, combine Edgell Lentils, currants, spring onions, herbs and pistachios to make a salad.
3. Toss cooked carrots through the salad and drizzle with dressing. Serve topped with cooked fish fillets.

PROTEIN  
BOOST

OMEGA-3

2+  
SERVES VEG



*TIP: Make your own lemon vinaigrette by combining 2 tablespoons each olive oil, lemon juice and finely grated rind of ½ lemon.*

# KOREAN BBQ BARRA BIBIMBAP BOWL



Rice topped with Korean BBQ barramundi, spinach, carrot & crispy fried egg.

PREP 15 MINS

COOK 30 MINS

SERVES 2



## INGREDIENTS

250g packet frozen **Birds Eye Ocean Selections Barramundi - Korean BBQ**

1 tablespoon oil

120g baby spinach leaves

2 carrots, julienned

450g packet microwavable white rice, heated

2 fried eggs

Toasted sesame seeds and chilli flakes, for sprinkling

Julienne spring onion, for garnish

## PREPARATION

1. Cook frozen Birds Eye Barramundi following oven bake packet directions.
2. Heat oil in a non stick frypan over medium heat. Add spinach and cook until just wilted. Move to one side of the frypan. Add carrots and cook for a further minute until just softened. Remove from heat.
3. Spoon rice into warm bowls. Top with cooked spinach, carrot and barramundi. Top with cooked egg.
4. Sprinkle with sesame seeds and chilli flakes. Garnish with spring onions and serve immediately.



SOURCE OF PROTEIN

OMEGA-3

*TIP: Mix up vegetables by using softened grated zucchini, julienned cucumber or cherry tomatoes.*



# MOROCCAN FISH WITH CHARRED CORN QUINOA SALAD



Our Moroccan flavours go perfectly with charred corn, chick peas, quinoa & classic mint & coriander.

PREP 15 MINS  
COOK 20 MINS  
SERVES 2



## INGREDIENTS

- 500g packet frozen **Birds Eye Ocean Selections Fish Fillets – Moroccan**
- 2 teaspoons olive oil
- 1 cup frozen Birds Eye Corn Kernels
- ¼ cup each fresh chopped coriander and mint
- 400g can Edgell Chick Peas, drained
- ½ cup quinoa, cooked
- 1 tablespoon olive oil, extra
- Finely grated zest and juice of 1 small lemon

## PREPARATION

1. Remove 2 frozen Birds Eye Fish Fillets from packet and cook following oven bake packet directions.
2. Meanwhile, heat oil in a non stick frypan over medium-high heat. Add frozen Birds Eye Corn Kernels and cook for 7-8 minutes until lightly charred.
3. Place corn, herbs and Edgell Chick Peas and cooked quinoa in a bowl and gently toss.
4. Combine extra oil, lemon zest and juice in a screw top jar and shake to combine. Drizzle over quinoa salad. Top with cooked fish fillets.

PROTEIN BOOST

OMEGA-3

2+  
SERVES VEG



*TIP: Birds Eye Ocean Selections Moroccan Barramundi Portions are a delicious substitute in this recipe.*



FRESH *from the* FREEZER

FIND US IN THE SEAFOOD FREEZER.

