

THE FINEST FISH DISHES

delicious seafood recipes





A SEAFOOD MEAL SHOULD BE SOMETHING SPECIAL. WE BELIEVE GOOD COOKING STARTS WITH THE FINEST INGREDIENTS. THIS IS WHY WE HAVE BEEN SOURCING THE BEST SEAFOOD SINCE 1910. THIS COLLECTION OF RECIPES ARE ONES WE LOVE TO SHARE WITH FAMILY AND FRIENDS - IMPRESSIVE ENOUGH FOR ENTERTAINING BUT SIMPLE ENOUGH TO PREPARE WITH CONFIDENCE. WE HOPE YOU ENJOY THESE FINE FISH DISHES WITH THE ONES YOU LOVE.



SESAME CRUSTED TUNA

I&J The Finest Tuna Portions

Prep: 30 mins (plus extra for thawing) Cook: 10 mins Serves: 2



Ingredients

500g packet frozen **I&J The Finest Tuna Portions**
2 tablespoons each black and white sesame seeds
1 tablespoon peanut oil
1 Lebanese cucumber, peeled into thin ribbons
1 small carrot, peeled into thin ribbons
1 spring onion, thinly sliced diagonally

2 cups firmly packed mixed lettuce mix
½ cup fresh coriander leaves
¼ cup fresh small mint leaves
1 tablespoon ponzu
2 tablespoons mirin
½ teaspoon sesame oil
1 birds eye chilli, de-seeded and thinly sliced

Preparation

1. Remove 2 frozen I&J Tuna Portions and thaw following packet directions.
2. Combine sesame seeds and coat tuna evenly, pressing on firmly. Refrigerate for 10 minutes.
3. Heat oil in a non stick frypan over medium-high heat. Cook tuna on both sides following packet directions. Remove and drain on absorbent paper.
4. Combine cucumber, carrot, spring onion, lettuce, herbs and gently toss.
5. Combine ponzu, mirin and sesame oil. Drizzle over salad and toss gently to combine.
6. Slice tuna into thick slices, arrange over salad, sprinkle with chilli and serve.

Use a vegetable peeler to create ribbons of cucumber and carrot.



GINGER POACHED SALMON & SOBA NOODLES

I&J The Finest Salmon Portions - Skin Off

Prep: 15 mins (plus extra for thawing) Cook: 15 mins Serves: 4



Ingredients

500g packet frozen **I&J The Finest Salmon Portions - Skin Off**

1 teaspoon peanut oil

5cm piece ginger, peeled and finely shredded

1 whole coriander sprig, root intact, washed

5 cups water

$\frac{1}{4}$ cup fish sauce

1 tablespoon light soy sauce

1 teaspoon brown sugar

3 spring onions, cut into 5cm lengths

2 small bok choy, washed and cut in half, lengthways

180g soba noodles, cooked and drained

Lime cheeks, for serving

Black sesame seeds, coriander and sliced chilli, for sprinkling

Preparation

1. Remove 4 frozen I&J Salmon Portions and thaw following packet directions.
2. Heat oil in a large saucepan over low heat. Add ginger and coriander and cook gently for 2 minutes without colouring. Add water, fish sauce, soy sauce and sugar and bring to the boil. Simmer uncovered for 5 minutes.
3. Add salmon and poach for 7-8 minutes or until salmon is cooked. Remove and keep warm. Remove and discard coriander. Add spring onions and bok choy to the broth and simmer for 1 minute.
4. To serve, arrange cooked noodles in serving bowls. Ladle in broth and top with bok choy and spring onions. Top with salmon. Serve with a squeeze of lime and garnish with sesame seeds, coriander and chilli.

Warm bowls in the oven briefly before adding broth. It will ensure everything stays hot for longer.



FLATHEAD SAGANAKI

I&J The Finest Flathead Fillets

Prep: 20 mins (plus extra for thawing) Cook: 25 mins Serves: 4



Ingredients

500g packet frozen **I&J The Finest Flathead Fillets**

1 tablespoon olive oil
1 red onion, thinly sliced
3 cloves garlic, thinly sliced
2 tablespoons Leggo's Tomato Paste
¼ teaspoon dried chilli flakes
½ cup white wine
400g can chopped tomatoes

100g Greek fetta, crumbled
Olive oil, extra, for drizzling
2 tablespoons chopped fresh parsley
Crusty bread, for serving
1 lemon, cut into wedges

Preparation

1. Remove 4 frozen **I&J Flathead Fillets** and thaw following packet directions. Cut fillets into large chunks.
2. Heat oil in an ovenproof frypan over medium heat. Cook onion and garlic for 2 minutes or until softened. Stir in tomato paste and chilli flakes and cook for 30 seconds. Add wine and simmer for 2 minutes or until reduced by half. Stir in the tomatoes and simmer for 5 minutes or until mixture has thickened. Season to taste.
3. Remove from heat. Top with flathead pieces and fetta. Bake in a preheated oven at 200°C for 15 minutes.
4. Drizzle with extra olive oil and sprinkle with parsley before serving with crusty bread and lemon wedges.

Saganaki is traditionally an appetiser, however this recipe can be a main meal - simply serve with Greek salad or green beans and don't skip the bread!



BASA WITH RADICCHIO, HAZELNUT & FENNEL

I&J The Finest Basa Fillets

Prep: 20 mins (plus extra for thawing) Cook: 15 mins Serves: 4



Ingredients

1kg packet frozen **I&J The Finest Basa Fillets**

1 radicchio, core removed and finely shredded

2 cups rocket leaves

1 large fennel, thinly sliced

Seeds of 1 pomegranate

¼ cup skinless hazelnuts, roasted and roughly chopped

¼ cup extra virgin olive oil

3 teaspoons red wine vinegar

Finely grated zest of half an orange

Juice of 1 orange

1 teaspoon honey

Preparation

1. Remove 4 frozen I&J Basa Fillets, thaw and oven bake following packet directions.
2. Meanwhile, combine radicchio, rocket, fennel, pomegranate seeds and hazelnuts.
3. Whisk oil, vinegar, orange zest, half the orange juice and honey to make a dressing. Season to taste and toss into salad, to combine.
4. Serve salad topped with fish. Pour remaining orange juice over basa fillets and season to taste.

Roasted pistachios or walnuts can be used instead of the hazelnuts.



SQUID STIR FRY

I&J The Finest Squid Tubes

Prep: 15 mins (plus extra for thawing) Cook: 10 mins Serves: 4



Ingredients

1kg packet frozen **I&J The Finest Squid Tubes**

Cracked black pepper, to taste

2 tablespoons peanut oil

1 onion, cut into thin wedges

1 carrot, cut into thin strips

1 small green capsicum, cut into strips

1 baby bok choy, leaves separated

240g Pad Thai paste

200g rice stick noodles, cooked

1 cup bean shoots, for garnish

Preparation

1. Remove 4 frozen I&J Squid Tubes (approximately 400g), thaw following packet directions.
2. Split squid tubes on one side and open out flat with the shiny side facing up. Score in a crisscross pattern with a sharp knife. Cut into 6cm x 4cm pieces and sprinkle with pepper pressing into the cut surface.
3. Heat oil in a wok over a high heat, add calamari pieces and stirfry for 3-4 minutes or until cooked. Remove from wok and set aside.
4. Add onion, carrot, green capsicum, bok choy and stirfry for 2 minutes. Pour in Pad Thai paste and return calamari to wok. Stir fry until heated through.
5. Serve on a bed of noodles, garnished with bean shoots.

Garnish with fine strips of red chilli and coriander for colour and extra flavour.



DUKKAH CRUSTED FLATHEAD

I&J The Finest Flathead Fillets

Prep: 15 mins (plus extra for thawing) Cook: 10 mins Serves: 2



Ingredients

500g packet frozen **I&J The Finest Flathead Fillets**

1 cup frozen Birds Eye Broad Beans, steamed or boiled until just tender
300g can Edgell Chick Peas, drained
½ small red onion, thinly sliced
1 large tomato, de-seeded and diced
1 tablespoon chopped fresh parsley

1 tablespoon fresh baby mint leaves
1 tablespoon each olive oil and lemon juice
2 tablespoons dukkah
1 tablespoon oil, extra

Preparation

1. Remove 2 I&J Flathead Fillets and thaw following packet directions.
2. Discard outer skins from Birds Eye Broad Beans and place beans in a bowl. Add chick peas, onion, tomato, herbs and toss gently to combine.
3. Combine oil and lemon juice in a small screwtop jar to make a dressing and drizzle over salad.
4. and sprinkle with dukkah on both sides. Heat oil in a non stick frypan over medium-high heat and cook fish fillets following panfry packet directions. Serve fish with broad bean salad.

Dukkah is a mixture of herbs, nuts and spices originating from Egypt. Try it sprinkled on roasted vegetables, as a dip to serve with bread and olive oil or on grilled meats.



BASA FILLETS WITH POTATOES & ROMESCO SAUCE

I&J The Finest Basa Fillets

Prep: 15 mins (plus extra for thawing) Cook: 45 mins Serves: 6



Ingredients

1kg packet frozen **I&J The Finest Basa Fillets**

2 red capsicums, cut in half and deseeded
Oil spray

600g packet frozen Birds Eye Deli Roast Potatoes – Garlic, Thyme & Olive Oil

1 thick slice sourdough bread, quartered

1/3 cup blanched almonds

1 clove garlic, skin on and halved

1 teaspoon smoked paprika

1 tablespoon red wine vinegar

1/4 cup fresh parsley leaves, chopped

Olive oil, for drizzling

Preparation

1. Remove 6 frozen I&J Basa Fillets and thaw following packet directions.
2. Spray capsicum halves with oil and place on a large baking paper lined tray with roast potatoes and cook in a preheated oven at 200°C for 35 minutes.
3. Place fish, bread, almonds and garlic on a separate large baking paper lined tray. Spray with oil and season fish. Cook in the same oven for the last 10 minutes of cooking.
4. Remove trays from oven and keep fish and potatoes warm. Discard skins from capsicums and garlic. Place capsicums, bread, almonds, garlic, paprika, vinegar and half the parsley in a processor and process until mixture is smooth. Loosen with extra oil, if desired.
5. Serve potatoes with basa fillets and a dollop of romesco sauce. Sprinkle with remaining parsley.

Romesco sauce originates from Catalonia. It is also great with grilled chicken and tossed through pasta.



SWEET CHILLI PRAWN SKEWERS

I&J The Finest Raw Prawns with Sweet Chilli Sauce

Prep: 20 mins (plus extra for thawing) Cook: 5 mins Serves: 4



Ingredients

500g packet frozen **I&J The Finest Raw Prawns with Sweet Chilli Sauce**
Bamboo or metal skewers
Oil spray
Sliced mango, Thai basil and peeled cucumber, for garnish
Coconut rice, for serving

Preparation

1. Remove I&J Prawns and thaw following packet directions.
2. Thread prawns onto skewers, allowing four per skewer. Reserve any extra sweet chilli sauce from prawns.
3. Use spray oil on grill plate or BBQ to cover surface then heat to medium high. Add skewers and cook for 3-4 minutes per side, basting with extra sweet chilli, until lightly charred and cooked through.
4. Place coconut rice on a large serving plate, top with prawn skewers and garnish with mango, cucumber, chilli and extra Thai basil. Serve with lime wedges.

For coconut rice: add 2 cups of jasmine rice, 2 cups coconut milk, 1 ¾ cups water and ½ teaspoon of salt to a large saucepan, bring to the boil, reduce heat and cover for 15 mins. Turn off heat, stand for 5 mins before serving.



BASA RED CURRY

I&J The Finest Basa Fillets

Prep: 10 mins (plus extra for thawing) Cook: 15 mins Serves: 4



Ingredients

1kg packet frozen **I&J The Finest Basa Fillets**
1 tablespoon peanut oil
½ x 210g jar Five Tastes Thai Red Curry Paste
270ml can coconut milk
1 cup water
1 stalk lemongrass, bruised
1 red capsicum, cut into strips
125g baby corn, halved, lengthways

1 cup green beans, cut into thirds
2 teaspoons fish sauce
1 teaspoon sugar
Juice ½ lime
½ cup fresh coriander leaves, plus extra for garnish
Cooked jasmine rice, for serving
½ spring onion, sliced diagonally, for garnish

Preparation

1. Remove 4 frozen I&J Basa Fillets and thaw following packet directions.
2. Heat oil in a large wok or frypan over a medium heat, add curry paste and cook for 1 minute or until fragrant. Stir in the coconut milk and water. Add lemongrass, vegetables, fish sauce and sugar. Place basa fillets on top of curry and carefully spoon over sauce ensuring fish is covered. Simmer uncovered for 8-10 minutes.
3. Gently stir in lime juice and coriander leaves. Serve garnished with extra coriander leaves and spring onions. Accompany with jasmine rice, if desired.

To bruise lemongrass, crush the white part of the lemongrass carefully with the back of a knife. Remove the core and use as required.



PROVINCIAL PRAWNS

I&J The Finest Extra Large Raw Prawns – Tail On

Prep: 10 mins (plus extra for thawing) Cook: 15 mins Serves: 4



Ingredients

500g packet frozen **I&J The Finest Extra Large Raw Prawns – Tail On**

1 tablespoon olive oil

1 clove garlic, crushed

¼ cup white wine

400g jar Providore Series Grilled Vegetables With Provincial Italian Tomatoes sauce

Finely grated zest of 1 lemon

Toasted crusty bread, for serving

Lemon cheeks, for serving

Baby parsley leaves, for garnish

Preparation

1. Thaw I&J Prawns following packet directions.
2. Heat oil in a large non stick frypan. Add garlic and cook stirring for 1 minute, until aromatic but not coloured. Add wine and cook until reduced by half.
3. Add provincial sauce and bring to the boil. Reduce heat and simmer for 4-5 minutes until thickened slightly.
4. Increase heat to medium, add prawns and cook for 4-5 minutes or until prawns are just cooked through. Remove from heat and stir through lemon zest. Serve in a large bowl with toasted crusty bread and lemon cheeks. Garnish with parsley.

Serve as part of a shared tapas/mezze table or as a delicious appetiser to a Mediterranean inspired meal.



LEMON PEPPER SALMON WITH PARMESAN POTATOES

I&J The Finest Salmon Portions with Lemon Pepper

Prep: 10 mins Cook: 30 mins Serves: 2



Ingredients

6 baby chat potatoes
Oil spray
¼ cup grated parmesan cheese
500g packet **frozen I&J The Finest Salmon Portions with Lemon Pepper**
2 cups mixed green lettuce leaves
½ red capsicum, thinly sliced
1 small Lebanese cucumber, sliced

For dressing:

1½ tablespoons oil
1 tablespoon white wine vinegar
1 teaspoon wholegrain mustard
2 teaspoons honey

Preparation

1. Cook potatoes in boiling water for 10-12 minutes or until just tender. Drain and place onto a baking paper lined tray. Gently press down on potatoes with a clean tea towel until lightly crushed.
2. Spray potatoes with oil and top with parmesan cheese. Add 2 frozen I&J Salmon portions to the same tray and
3. cook in a preheated oven at 200°C for 30-35 minutes.
3. Combine lettuce leaves, capsicum and cucumber, drizzle with combined dressing ingredients. Serve cooked fish with potatoes and salad.

Using a tea towel to crush the potatoes absorbs excess moisture, helping to create a crispy result when baked.



