

JOHN WEST[®]

PROTEIN+

CALCIUM

RICH TUNA

recipe inspiration



It's what John West rejects that makes

JOHN WEST[®]

the best.

JOHN WEST®

PROTEIN+

CALCIUM RICH TUNA

John West Protein+ Calcium is the easy, delicious and natural way to get the nutrients you need to support healthy bones and muscles.



100% of your daily calcium needs[^]



Good source of Protein



High in omega-3



Dairy free

How is it so rich in calcium?

The calcium comes from including all-natural tuna bone powder, making your favourite tuna flavours naturally richer in calcium.

Available at Coles & Independent Supermarkets



JOHN WEST®

PROTEIN+

CALCIUM RICH TUNA

With no compromise in flavour the following recipes make lunch or dinner quick, easy delicious and nutritious. To help identify the healthy benefits look for the simple nutrition stamps on each recipe.



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



Recipe contains a good source of calcium (>200mg/serve).



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

It's what John West rejects that makes

JOHN WEST®

the best.



Prep 20mins

Cook 10mins

Serves 2

Tuna Caesar Salad

Ingredients

- 1 baby cos lettuce, leaves separated, washed and dried
- 3 John West Anchovies Fillets in Olive Oil, halved lengthways
- 8-10 thin slices baguette, toasted
- 2 slices prosciutto, grilled until crisp, torn
- 90g can John West Protein+ Calcium Rich Tuna – Olive Oil Blend, drained, and oil reserved
- 2 soft boiled or poached eggs
- Caesar style salad dressing, for drizzling
- Finely grated parmesan cheese, for serving
- Ground black pepper, to taste

Preparation

1. Arrange lettuce leaves on a serving platter. Top with John West Anchovies, baguette toasts, prosciutto, John West Tuna and eggs.
2. Drizzle with reserved oil from tuna and Caesar style dressing. Sprinkle with parmesan cheese, pepper and serve.



TIP: For an added chilli hit, use John West Protein+ Calcium Rich Chilli Tuna instead.



Prep 5mins

Cook 5mins

Serves 1

Chilli Tuna Rice

Ingredients

- 1 tablespoon extra virgin olive oil
- 2 cloves garlic crushed
- 4 cherry tomatoes, halved
- 125g tub pre-cooked microwavable brown rice & quinoa blend, heated following packet directions
- 90g can **John West Protein+ Calcium Rich Tuna – Chilli**
- 1 cup rocket leaves
- Crumbled fetta, for serving

Preparation

1. Heat oil in a non stick frypan over a medium heat. Add garlic and tomatoes and cook for approximately 1 minute, until garlic is fragrant and not browned and tomatoes are softened. Remove from heat and stir through heated rice blend.
2. Add John West Tuna and rocket and gently toss together.
3. Sprinkle with fetta and serve.



TIP: Use your favourite John West Protein+ Calcium Rich Tuna flavour in this recipe.



Prep 10mins

Cook 0mins

Serves 1

Lunchtime Tuna Nourish Bowl

Ingredients

- 1 cup finely shredded cos lettuce
- 1 small carrot, julienned
- 125g can Edgell Black Beans, rinsed and drained
- 5 cherry tomatoes, halved
- 90g can **John West Protein+ Calcium Rich Tuna – Springwater**, drained
- Juice of ½ lime, for drizzling
- 2 teaspoons toasted pepita seeds
- 2 tablespoons fresh coriander leaves

Preparation

1. Assemble lettuce, carrot, Edgell Black Beans, tomatoes and John West Tuna in a serving bowl.
2. Drizzle with lime juice, top with pepita seeds, coriander and serve.



TIP: Use your favourite John West Protein+ Calcium Rich Tuna flavour in this recipe.



Prep 10mins

Cook 15mins

Serves 2

Lemon Pepper Tuna Spaghettini

Ingredients

200g spaghettini or angel hair pasta
2 tablespoons extra virgin olive oil
2 tablespoons capers
2 cloves garlic, crushed
90g can **John West Protein+ Calcium Rich Tuna – Lemon & Cracked Pepper**
1½ tablespoons chopped fresh dill
2 cups baby spinach leaves
Finely grated parmesan cheese, for serving

Preparation

1. Cook pasta following packet directions. Drain and keep pasta hot, reserving ½ cup cooking water.
2. Heat oil in a non stick frypan over medium heat. Add capers and cook for 1 minute. Add garlic and cook until fragrant, but not coloured.
3. Add hot pasta, John West Tuna, dill, spinach and cook stirring gently for a further 1-2 minutes until heated and spinach has wilted. Adjust 'sauciness' with reserved cooking water, if required. Top with parmesan cheese and serve.



OMEGA-3

CALCIUM BOOST

TIP: For added texture, top with golden, crunchy toasted sourdough breadcrumbs.



Prep 15mins

Cook 5mins

Makes 6

Tuscan Tuna Crostini

Ingredients

- 2 tablespoons chopped Sicilian olives
- 1 tablespoon finely chopped red onion
- ½ clove garlic
- 6 thin slices baguette, toasted on both sides
- 1½ tablespoons mayonnaise
- 90g can **John West Protein+ Calcium Rich Tuna - Tomato & Onion**
- Extra virgin olive oil, for drizzling
- Small basil leaves, for garnish

Preparation

1. Combine olives and onion in a small bowl and set aside.
2. Lightly rub garlic on toasted baguette. Spread mayonnaise on bread and top with John West Tuna and combined olives and onion.
3. Drizzle with extra virgin olive oil and garnish with basil leaves. Serve immediately.



TIP: Use your favourite John West Protein+ Calcium Rich Tuna flavour in this recipe.



Prep 15mins

Cook 5mins

Serves 2

Chilli Tuna Street Tacos

Ingredients

- ¼ cup apple cider vinegar
- 1½ tablespoons sugar
- 1 small red onion, thinly sliced
- 2 teaspoons extra virgin olive oil
- 125g can Edgell Corn Kernels, charred
- 4 x 11cm mini flour tortillas, charred or warmed
- 1 cup finely shredded cos lettuce
- 1 small carrot, julienned
- 90g can **John West Protein+ Calcium Rich Tuna – Chilli**

Coriander leaves and lime wedges, for serving

Aioli or sour cream, optional, for serving

Preparation

1. Combine vinegar and sugar in a small glass bowl and stir until sugar has dissolved. Add onion and stir well. Stand for 15 minutes. Drain.
2. Meanwhile, heat oil in a small non stick frypan over a medium heat. Add Edgell Corn Kernels and cook for 1 minute until lightly charred.
3. Top tortillas with lettuce, carrot and corn. Top with John West Tuna and pickled onions.
4. Garnish with coriander. Squeeze over lime juice and serve with aioli.



OMEGA-3

CALCIUM BOOST

TIP: A glass bowl is used for vinegar as the acid can react with metals.

For an added chilli hit, garnish tacos with thinly sliced red chillies before serving.



Prep 10mins

Cook 1min

Serves 1

Thai Red Curry Tuna Roti Rolls

Ingredients

- 1 rectangular roti bread, warmed slightly, following packet directions
- 1 carrot, julienned
- 1 Lebanese cucumber, unpeeled and cut into 8cm long batons
- 1 spring onion, julienned
- 2 tablespoons coriander leaves
- 90g can **John West Protein+ Calcium Rich Tuna – Thai Red Curry**
- 1 cup finely shredded cos lettuce
- Lime wedges and extra fresh coriander leaves, for garnish

Preparation

1. Top roti bread with filling ingredients and roll up tightly. Wrap tightly with clingwrap to hold shape and chill for 5-10 minutes, before serving.



TIP: For an extra chilli hit, add thinly sliced chilli.



Prep 15mins

Cook 0mins

Serves 2

Moroccan Style Tuna & Couscous

Ingredients

- ½ cup couscous
- 2 teaspoons Moroccan Seasoning
- ½ cup boiling water
- 1½ tablespoons currants
- 90g can **John West Protein+ Calcium Rich Tuna – Lemon & Cracked Pepper**
- 1 tablespoon chopped fresh coriander
- 1 spring onion, thinly sliced
- 1 small carrot, grated
- 1 tablespoon toasted slivered almonds, for sprinkling
- Fresh coriander leaves, extra, for garnish

Preparation

1. Combine couscous, Moroccan Seasoning and boiling water in a large bowl, cover and stand for 5 minutes.
2. Fluff couscous with a fork. Add remaining ingredients, except slivered almonds and extra coriander leaves. Lightly toss to combine. Sprinkle with almonds, garnish with coriander and serve.



TIP: Prepare salad ahead and refrigerate the day before required. Stir in John West Tuna when ready to serve.



Prep 15mins

Cook 0mins

Serves 1

Tuna & Bean Salad with Pickled Onion

Ingredients

- 1 tablespoon sugar
- 2 tablespoons vinegar
- 1 small red onion, thinly sliced
- 90g can **John West Protein+ Calcium Rich Tuna – Springwater**, drained
- 125g can Edgell Four Bean Mix, rinsed and drained
- ½ cup thinly sliced celery
- 1 tablespoon chopped fresh parsley
- ¾ cup rocket leaves
- Extra virgin olive oil and freshly squeezed lemon juice, for drizzling

Preparation

1. Dissolve sugar in vinegar in a small glass bowl. Add onion, stir well and stand for 10 minutes. Drain.
2. Combine John West Tuna, Edgell Four Bean Mix, celery and parsley in a serving bowl or Mason jar.
3. Top with pickled onion and rocket. Drizzle with olive oil and lemon juice. Serve.



TIP: Salad can be stored in the refrigerator in a Mason jar. Drizzle with oil and lemon juice before serving.



Prep 10mins

Cook 2mins

Makes 4

Tuna & Avo Brioche Rolls

Ingredients

4 mini brioche buns, halved
90g can **John West Protein+ Calcium Rich Tuna – Olive Oil Blend**, drained and oil reserved
½ avocado, lightly mashed
2 baby cucumbers, thinly sliced lengthways
1 small shallot, thinly sliced
Chives and lemon wedges, for garnish
Aioli, optional, for serving

Preparation

1. Lightly toast buns until golden. Spread both halves with reserved tuna oil.
2. Top with avocado, cucumber, John West Tuna and shallots. Garnish with lemon wedges and serve with aioli on the side.



TIP: Try this recipes with sourdough or multigrain rolls.



Prep 10mins

Cook 10mins

Serves 1

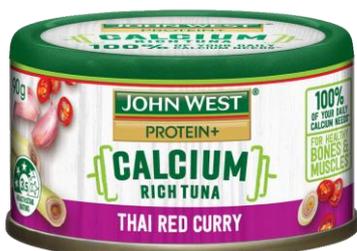
Thai Red Curry Tuna Noodle Salad

Ingredients

- 50g rice vermicelli noodles, cooked following packet directions
- ½ small mango, thinly sliced
- 2 baby cucumbers, peeled into thin strips or chopped
- 90g can **John West Protein+ Calcium Rich Tuna – Thai Red Curry**
- 2 tablespoons fresh coriander leaves
- 1 tablespoon small mint leaves
- 2 teaspoons roasted chopped peanuts
- 2 teaspoons lime juice
- Lime wedges, for garnish

Preparation

1. Arrange rice noodles in the base of a serving bowl. Top with mango, cucumber and John West Tuna.
2. Top with herbs and peanuts. Drizzle with lime juice, garnish with lime wedges and serve.



TIP: If mangoes are unavailable, use julienned carrot, instead.

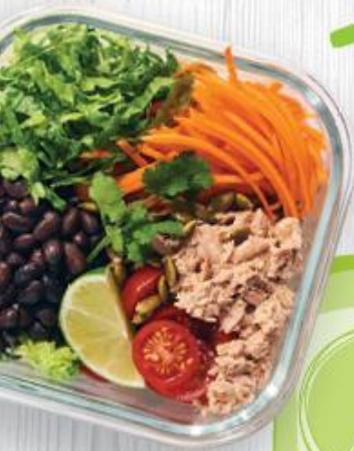
JOHN WEST[®]

PROTEIN+

Healthy Bones & Muscles with

CALCIUM RICH TUNA

100% of your daily calcium needs[^]



66% Australians aged over 50 are impacted by poor bone health

\$3.84
billion
by 2022

The cost of poor bone health from osteopenia and osteoporosis for people over 50

Risk factors for bone & muscle health



Genetic factors



Food intake



Physical activity

3 ways you can support your bones & muscles



Eat foods rich in calcium & protein



Safe vitamin D exposure



Weight bearing activities



John West Protein+ Calcium

Rich in omega-3, high in protein and provides 100% of your daily calcium needs[^] for healthy bones and muscles.



Start looking out for your bones and muscles today
Visit johnwest.com.au for more information

[^]Recommended Dietary Intake of 800mg calcium (Average Adult).