

JOHN WEST<sup>®</sup>

PROTEIN+

# CALCIUM

## RICH TUNA

recipe inspiration



It's what John West rejects that makes

JOHN WEST<sup>®</sup>

the best.

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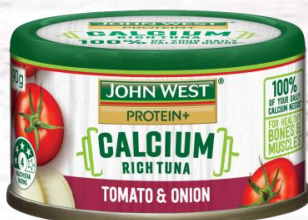
PROTEIN+

# 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.

Just one can provides **100% of your daily calcium needs AND is high in protein, omega-3 & dairy free.**

Available in 6 different flavours in the canned fish aisle.



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

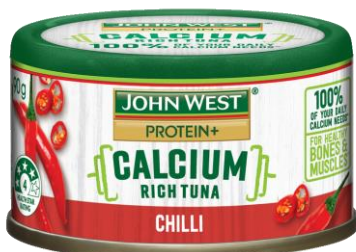
# Chilli Tuna Rice

## 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

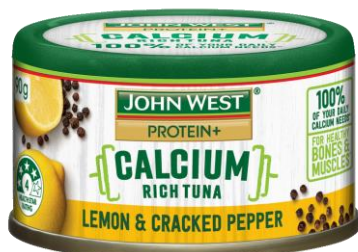
# Lemon Pepper Tuna Spaghettini

## 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 ⅓ 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.



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



Prep 15mins

Cook 5mins

Makes 6

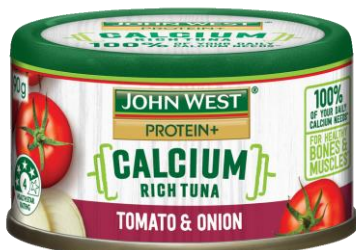
# Tuscan Tuna Crostini

## 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

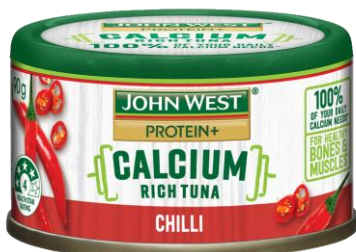
- ¼ cup apple cider vinegar
- 1½ tablespoons sugar
- 1 small red onion, thinly sliced
- 2 teaspoons extra virgin olive oil
- 125g can Edgell Corn Kernels, charred
- 4 x 11cm mini flour tortillas, charred or warmed
- 1 cup finely shredded cos lettuce
- 1 small carrot, julienned
- 90g can **John West Protein+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



*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

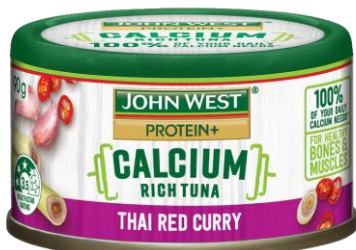
# Thai Red Curry Tuna Roti Rolls

## 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

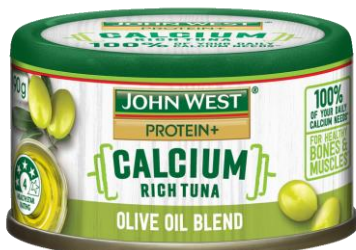
# Tuna & Avo Brioche Rolls

## 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

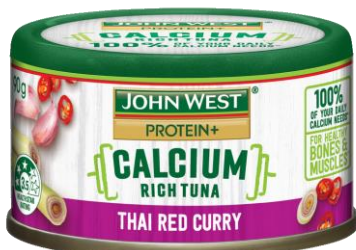
# Thai Red Curry Tuna Noodle Salad

## 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**<sup>®</sup>

**PROTEIN+**

Healthy Bones & Muscles with

# CALCIUM RICH TUNA

100% of your daily calcium needs<sup>^</sup>



**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<sup>^</sup> for healthy bones and muscles.



Start looking out for your bones and muscles today  
Visit [johnwest.com.au](http://johnwest.com.au) for more information

<sup>^</sup>Recommended Dietary Intake of 800mg calcium (Average Adult).