

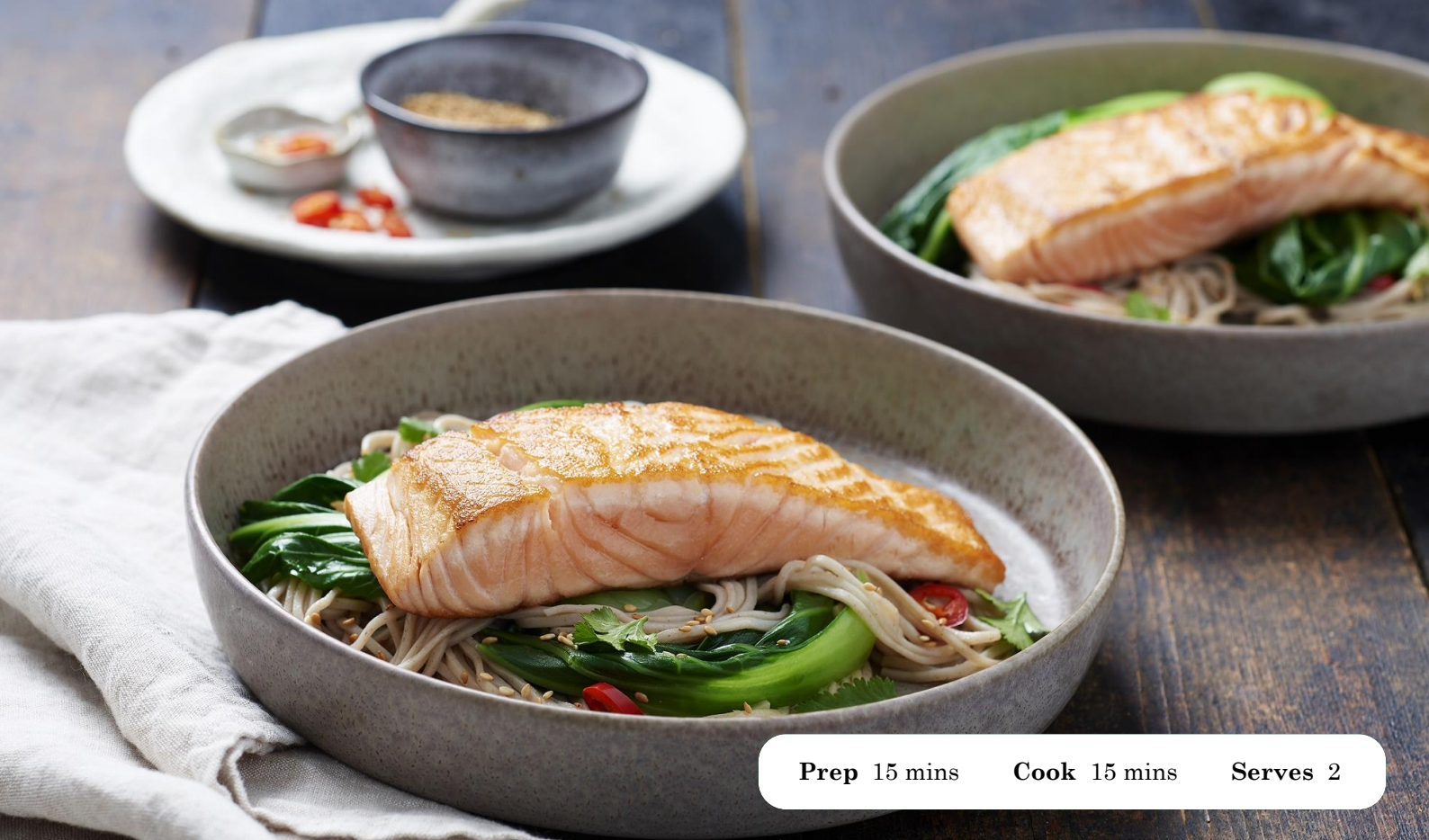


Simply Salmon

It's what John West rejects that makes

JOHN WEST

the best.



Prep 15 mins Cook 15 mins Serves 2

Salmon with Sesame Soba Noodles

Ingredients

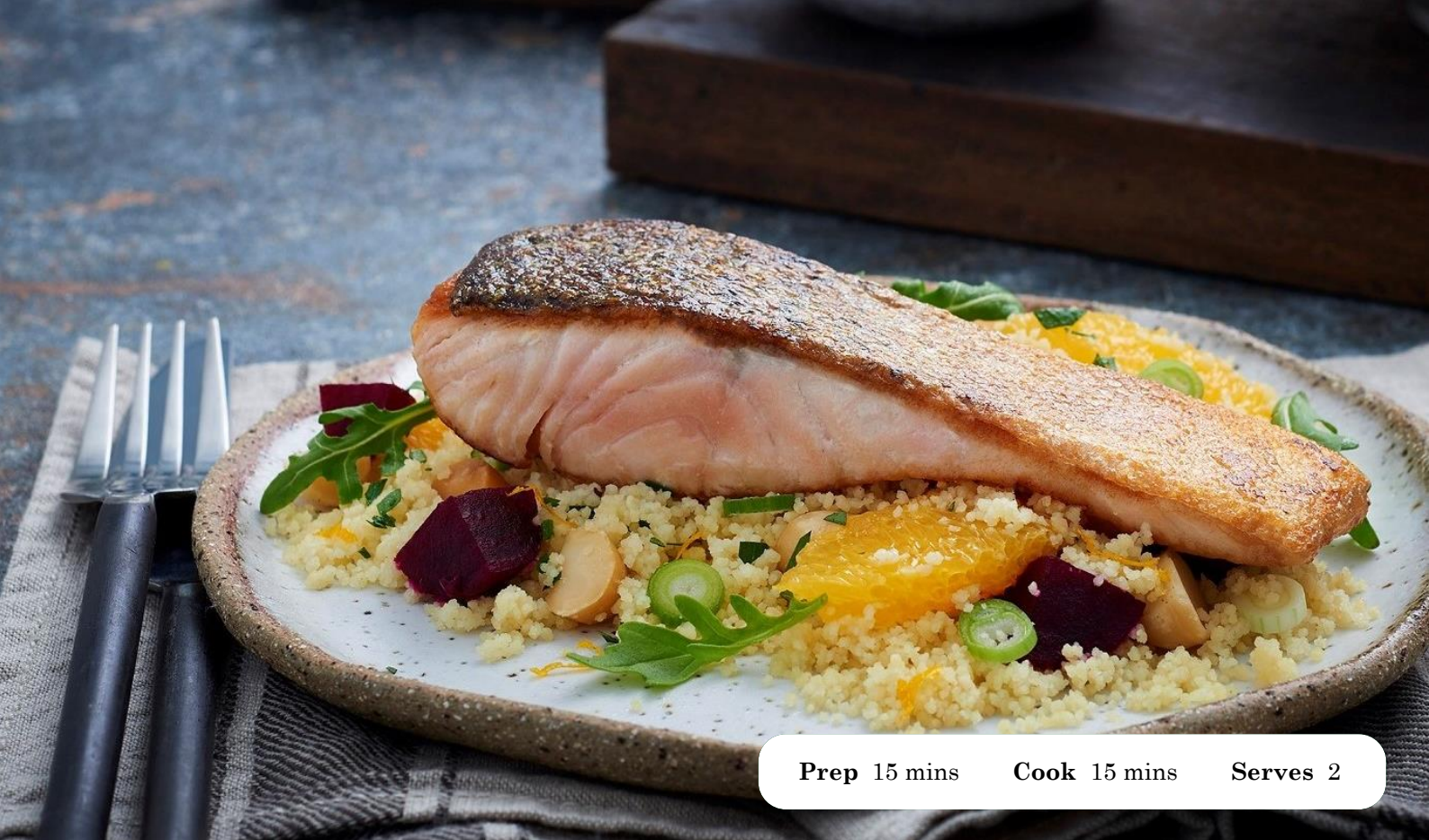
280g packet chilled **John West Skinless Salmon Fillets**
180g soba noodles, cooked
1 tablespoon soy sauce
2 teaspoons mirin
½ teaspoon sesame oil
2 baby bok choy, halved and steamed until tender
1 red chilli, thinly sliced
Toasted sesame seeds, for garnish

Preparation

1. Cook **John West Salmon** following packet directions for panfry.
2. Combine cooked noodles, soy sauce, mirin and sesame oil to coat well. Top with steamed bok choy and cooked salmon.
3. Sprinkle with red chilli and sesame seeds. Serve immediately.



TIP: Replace bok choy with snow peas or sugar snap peas.



Prep 15 mins

Cook 15 mins

Serves 2

Crispy Skin Salmon with Couscous Salad

Ingredients

½ cup couscous
½ cup boiling water
2 tablespoons olive oil
1 orange
1 tablespoon chopped fresh parsley
1 spring onion, finely chopped
280g packet chilled **John West Skin On Salmon Fillets**
1 cup rocket leaves
½ cup well drained, coarsely chopped Edgell Baby Beetroot
2 tablespoons roasted macadamia nuts, roughly chopped



Preparation

1. Combine couscous, boiling water and 1 tablespoon oil in a bowl, cover with cling wrap and stand for 5 minutes. Fluff with a fork and cool to room temperature.
2. Finely grate zest from orange and segment the orange. Toss orange zest, orange segments, parsley, spring onion and remaining oil through the couscous.
3. Cook **John West Salmon** following packet directions for panfry.
4. Toss beetroot and rocket through couscous just before serving. Sprinkle with macadamia nuts and serve with salmon.

TIP: Add extra flavour to the couscous by crumbling half a chicken stock cube into the boiling water.



Prep 15 mins

Cook 10 mins

Serves 2

Salmon with Fennel Salad

Ingredients

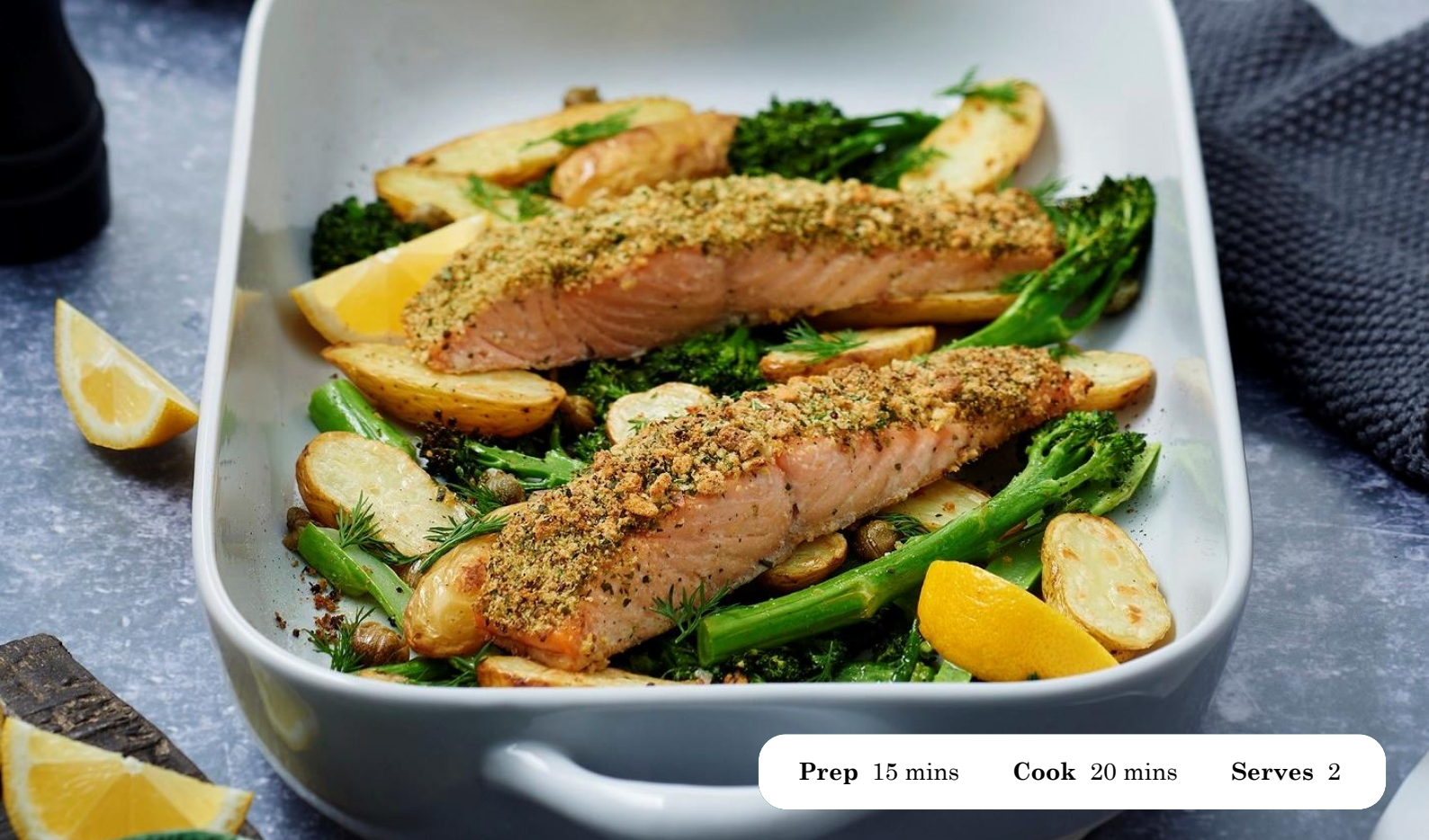
- 1 small Lebanese cucumber
- 1 baby fennel, thinly sliced
- ½ punnet yellow cherry tomatoes, halved
- ⅓ cup pine nuts, toasted
- ⅓ cup fresh parsley leaves
- 1 tablespoon lemon juice
- ¼ cup olive oil
- 280g packet chilled **John West Skinless Salmon Fillets**
- 1 tablespoon dukkha



Preparation

1. Score cucumber by running a fork down the length of cucumber, working your way around, until entire cucumber is scored. Cut in half lengthways, scoop out seeds and slice thinly.
2. Combine cucumber, fennel, tomatoes, pine nuts and parsley. Combine lemon juice and 2 tablespoons oil in a screw top jar to make a dressing. Shake well. Drizzle over salad.
3. Heat remaining oil in a non stick frypan and cook **John West Salmon** following packet directions for panfry.
4. Serve salmon on a bed of salad sprinkled with dukkah.

TIP: Reserve the fronds from the fennel to add to the salad or use as garnish



Prep 15 mins

Cook 20 mins

Serves 2

Salmon Tray Bake

Ingredients

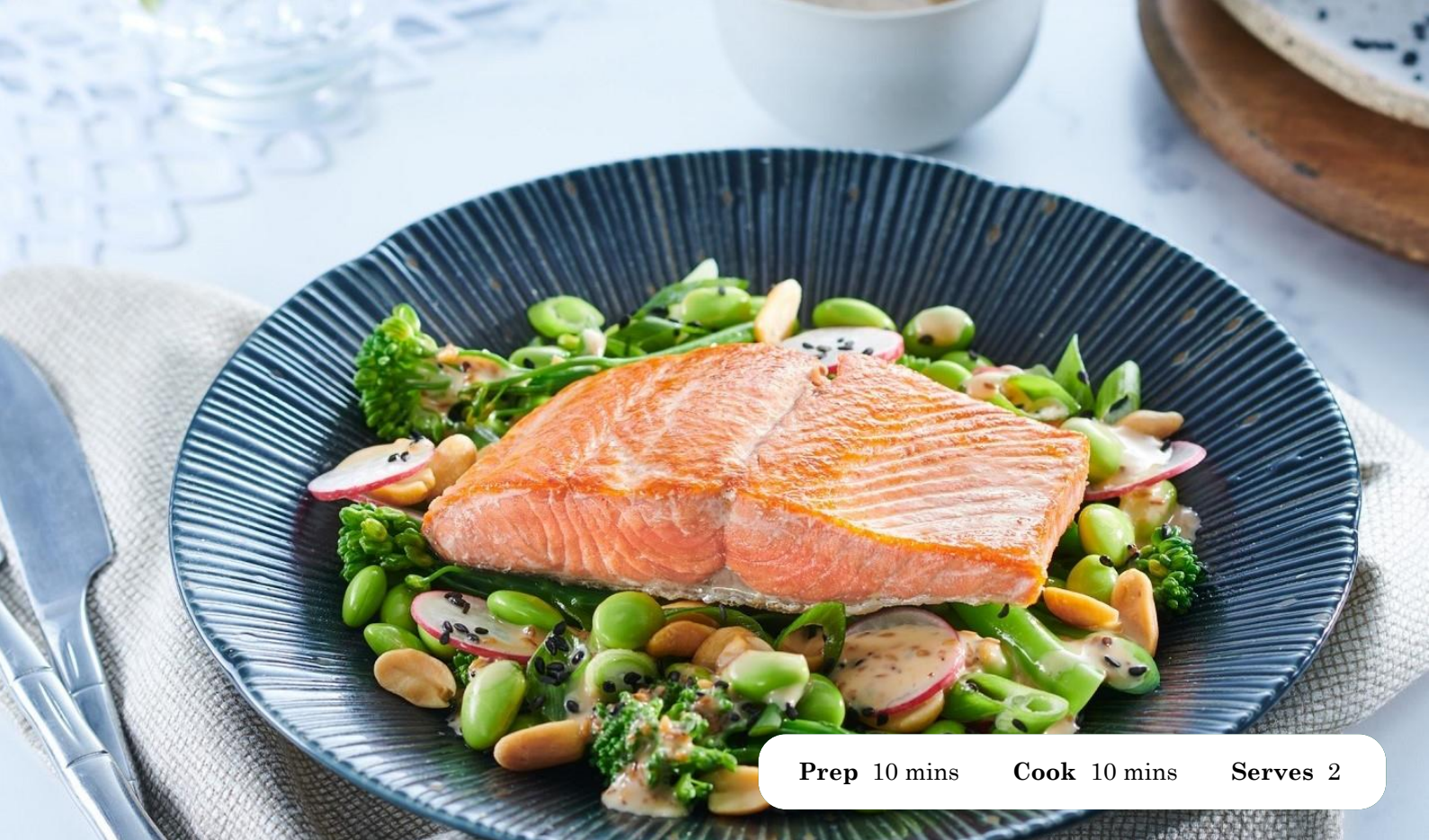
6 small potatoes, cut in half
1 bunch broccolini, stems cut in half
lengthways
2 tablespoons capers, rinsed
Oil spray
295g packet chilled **John West Salmon**
Filletlets with Lemon & Herb Crust
2 tablespoons fresh dill, chopped
Lemon wedges, to serve

Preparation

1. Place potatoes into a saucepan of cold water, bring to the boil then reduce heat to a simmer and cook for 5 minutes until partly cooked. Drain and set aside.
2. Arrange potatoes, broccolini and capers in a large oven proof tray. Spray with oil and season to taste. Place **John West Salmon** with lemon and herb crust facing up in same tray and cook following packet oven bake directions.
3. Serve scattered with dill and lemon wedges.



***TIP:** Exchange potato and broccolini with seasonal vegetables such as asparagus, vine tomatoes, capsicum and zucchini.*



Prep 10 mins

Cook 10 mins

Serves 2

Sockeye Salmon with Edamame Salad

Ingredients

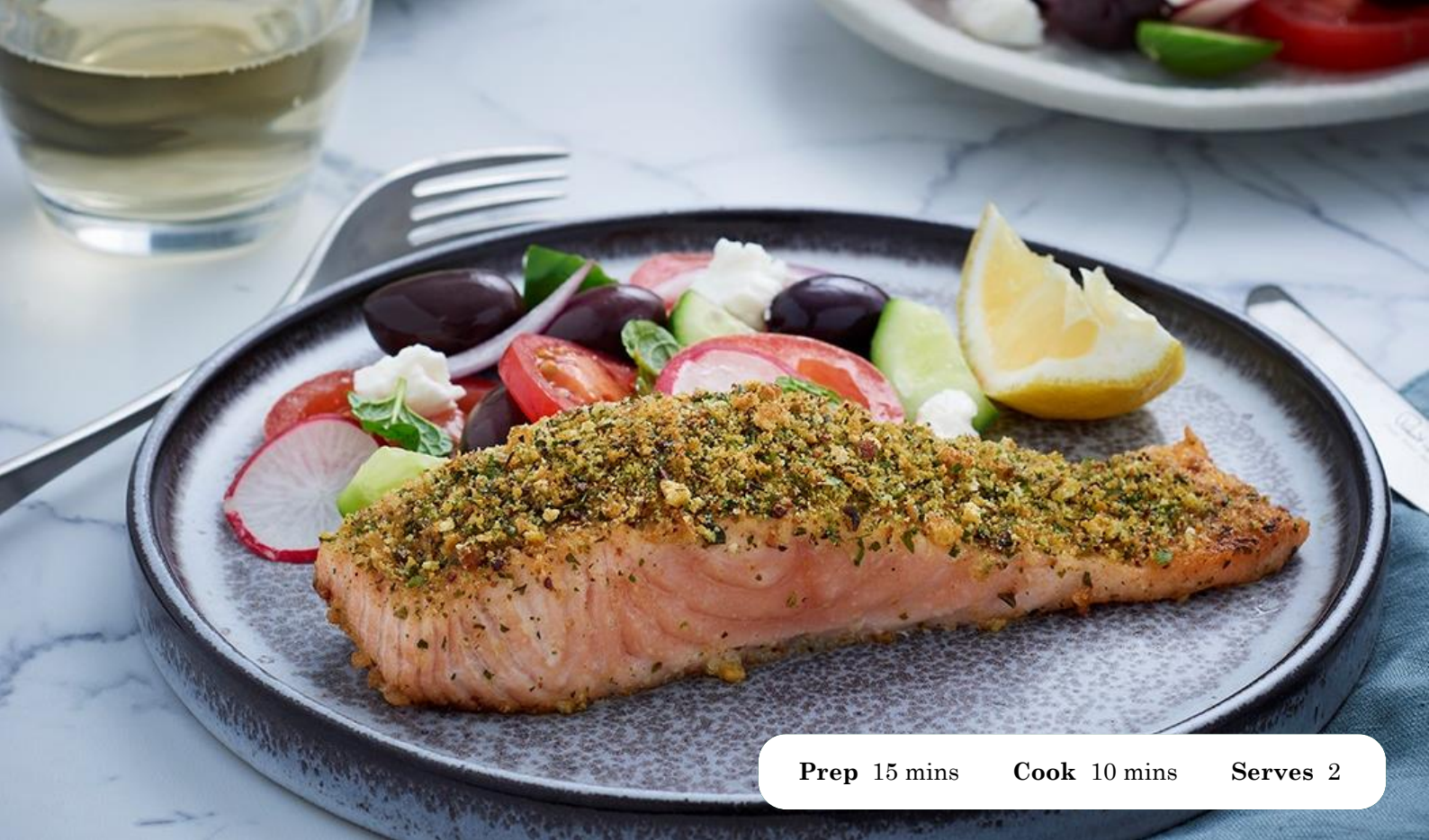
1 bunch broccolini, blanched.
1 cup frozen, shelled edamame beans, cooked
2 spring onions, sliced diagonally
2 radishes, thinly sliced
280g packet chilled **John West Wild Alaskan Sockeye Salmon Skin-On**
2 tablespoons chopped roasted peanuts
Black sesame seeds, for garnish.
Roasted sesame seed dressing, for drizzling

Preparation

1. Combine broccolini, edamame beans, spring onions and radishes, spoon onto serving dishes.
2. Cook **John West Sockeye Salmon** following packet directions.
3. Serve salmon on salad, top with peanuts and black sesame seeds. Drizzle with sesame seed dressing and serve.



TIP: Use your favourite commercially prepared Asian dressing in this recipe.



Prep 15 mins

Cook 10 mins

Serves 2

Lemon & Herb Salmon with Greek Style Salad

Ingredients

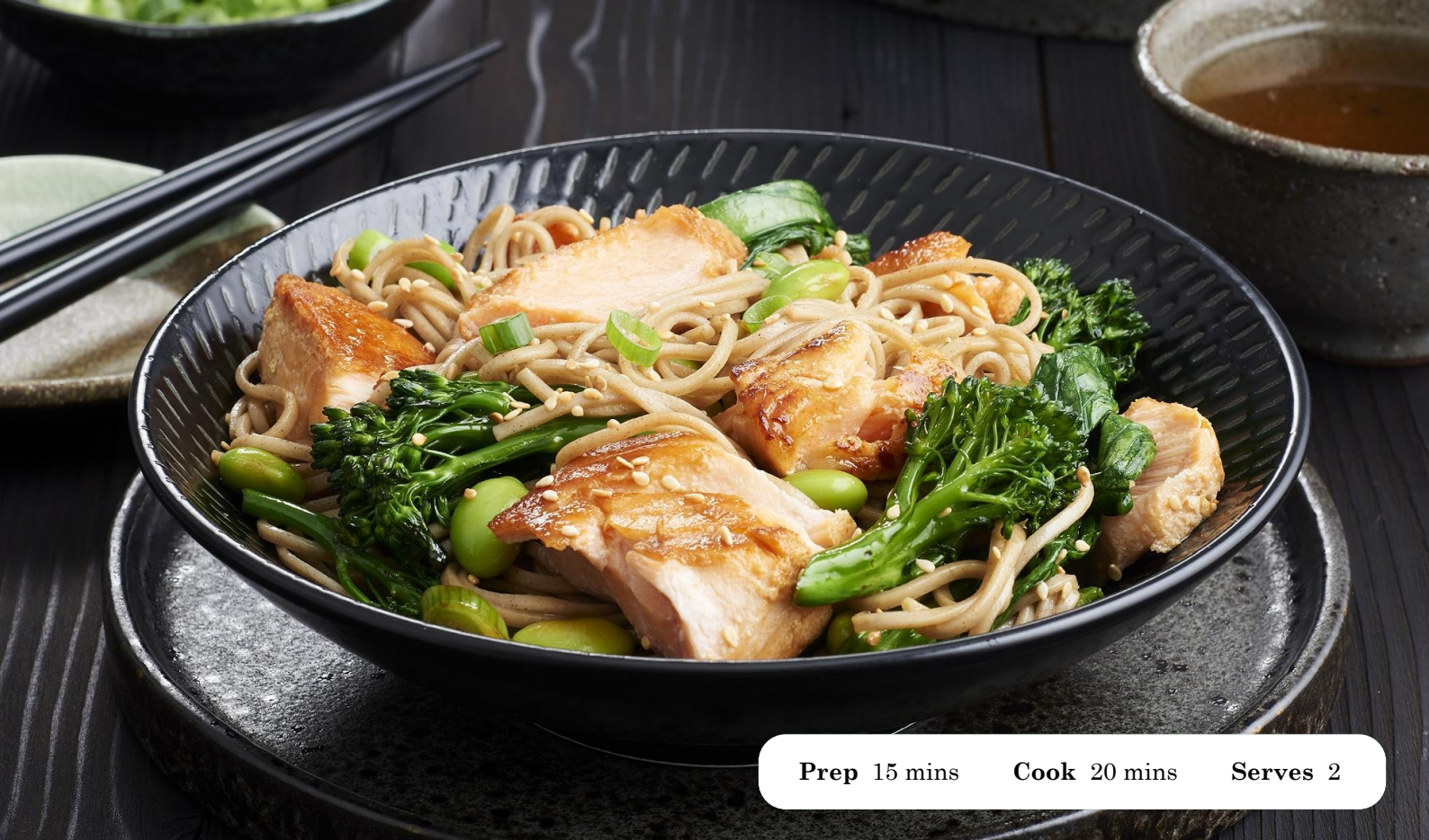
2 small-medium tomatoes, sliced
10 Kalamata olives, pitted
1 Lebanese cucumber, chopped
1 radish, thinly sliced
¼ small red onion, thinly sliced
50g fetta, crumbled
¼ cup fresh mint leaves
1 tablespoon lemon juice
2 tablespoons extra virgin olive oil
295g packet **chilled John West Salmon Fillets with Lemon & Herb Crust**
Lemon wedges, to serve

Preparation

1. Combine tomatoes, olives, cucumber, radishes, onion, fetta and mint leaves in a bowl. Drizzle with lemon juice and 1 tablespoon oil, toss gently and set aside.
2. Heat remaining oil in a non stick frypan and cook **John West Salmon** following packet directions.
3. Serve salmon fillets with salad and lemon wedges.



TIP: Try this dish with Greek style roast baby potatoes. Toss halved baby chat potatoes in olive oil, rosemary and a few whole garlic cloves and roast until golden.



Prep 15 mins

Cook 20 mins

Serves 2

Salmon & Soba Noodle Bowl

Ingredients

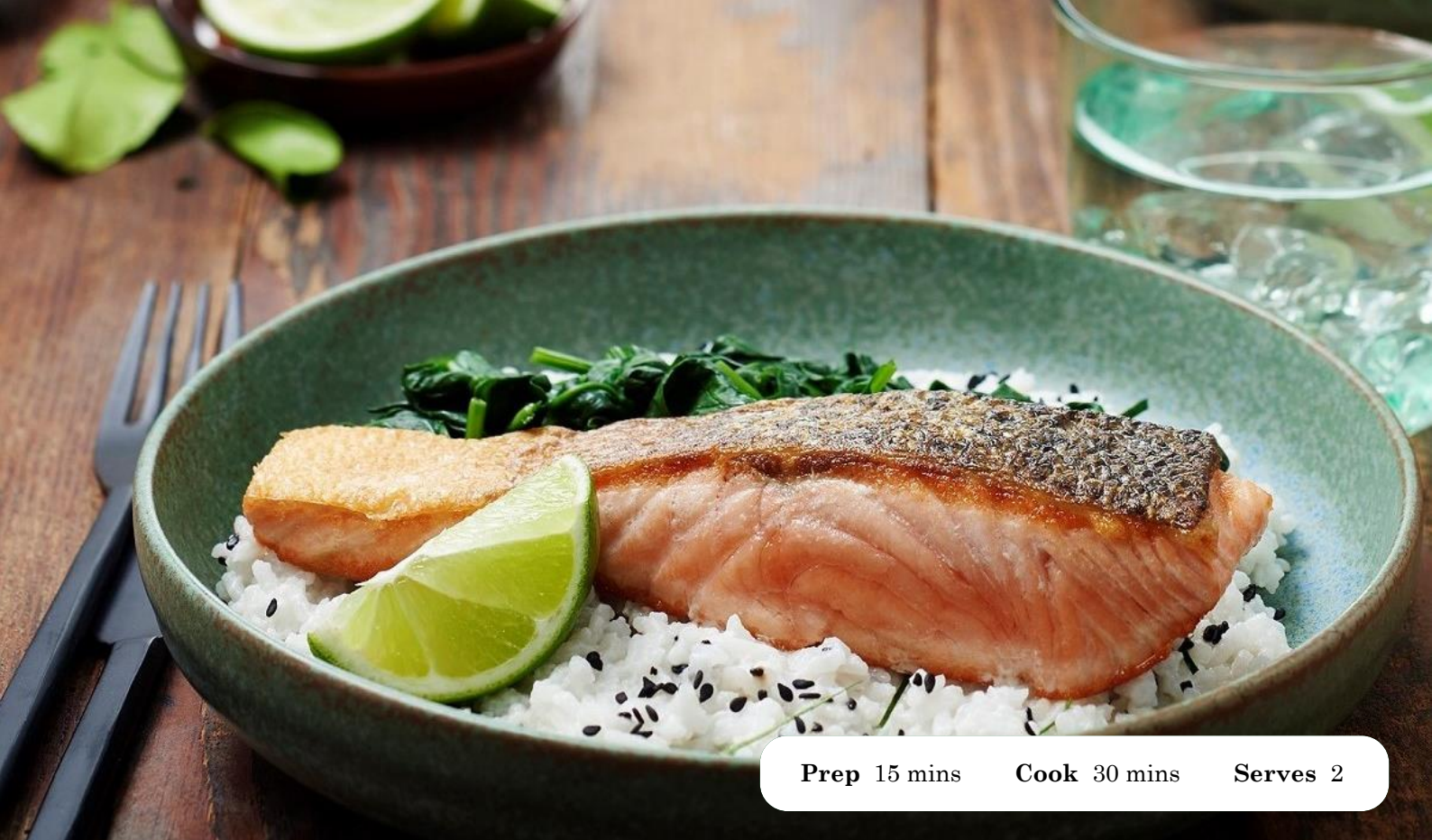
- ¼ cup teriyaki sauce
- ½ teaspoon sesame oil
- 2 teaspoons finely grated ginger
- 280g packet chilled John West Skinless Salmon Fillets
- 1 tablespoon oil
- ½ bunch broccolini, trimmed and cut into 5cm lengths
- 3 baby bok choy, cut in half
- ½ cup frozen edamame beans, cooked
- 2 spring onions, finely cut, plus extra for garnish
- 120g soba noodles, cooked
- Toasted sesame seeds, for sprinkling



Preparation

1. Make a sauce by combining teriyaki, sesame oil and ginger in a small bowl. Set aside.
2. Cook **John West Salmon** following packet directions for panfry. Set aside and when cool enough to handle peel tear into chunks. Wipe frypan clean with paper towel.
3. Heat oil in frypan on medium-high. Add vegetables and spring onions. Stirfry for 2-3 minutes until slightly wilted before adding soba noodles and teriyaki sauce. Toss to coat noodles. Add salmon and any resting juices. Toss gently to warm through. Serve topped with reserved spring onions and sesame seeds.

TIP: Drizzle with Kewpie mayonnaise for a decadent finish.



Prep 15 mins Cook 30 mins Serves 2

Crispy Skin Salmon with Coconut Rice

Ingredients

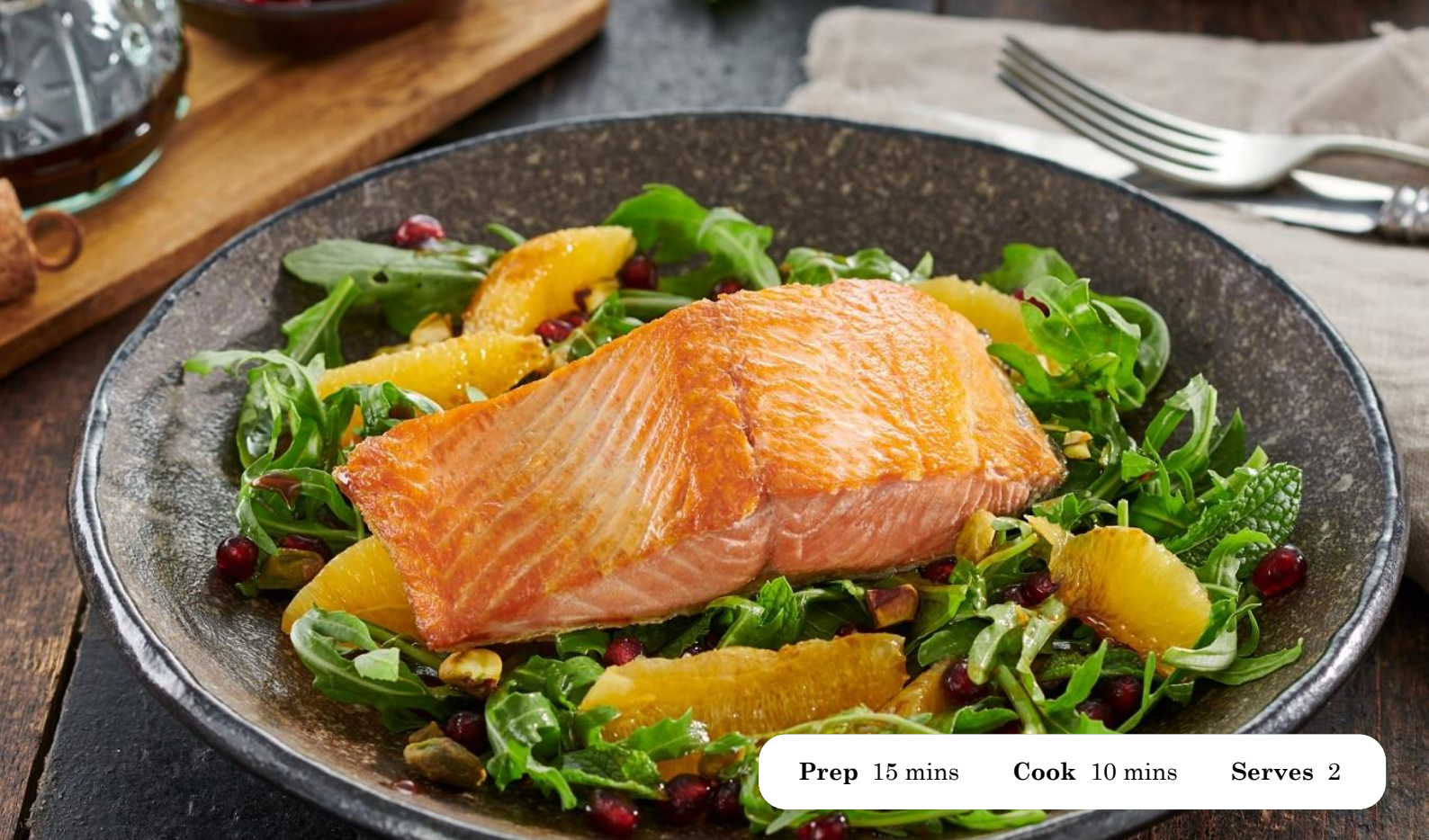
165ml can coconut milk
¾ cup water
¾ cup jasmine rice
1 kaffir lime leaf, finely shredded
1 tablespoon black sesame seeds, toasted
1 teaspoon sesame oil
100g baby spinach leaves
1 tablespoon olive oil
280g packet chilled John West Skin On Salmon Fillets
Lime wedges, to serve



Preparation

1. Combine coconut milk and water in a medium saucepan, bring to the boil. Add rice and kaffir lime, stir, cover and reduce heat to low. Simmer for 10-12 minutes, remove from heat and keep covered for a further 10 minutes. Fluff with a fork to separate grains. Add sesame seeds.
2. Meanwhile, heat sesame oil in a non stick frypan over medium heat. Add spinach and cook until wilted. Remove spinach from pan and drain excess water. Set aside and keep warm.
3. Wipe pan with absorbent paper. Heat olive oil and cook John West Salmon following packet directions for panfry.
4. Serve salmon with coconut rice and spinach. Garnish with lime.

TIP: Pat dry salmon skin and season with salt before cooking, skin side down first, to get the perfect crispy skin.



Prep 15 mins

Cook 10 mins

Serves 2

Sockeye Salmon with Pomegranate and Citrus

Ingredients

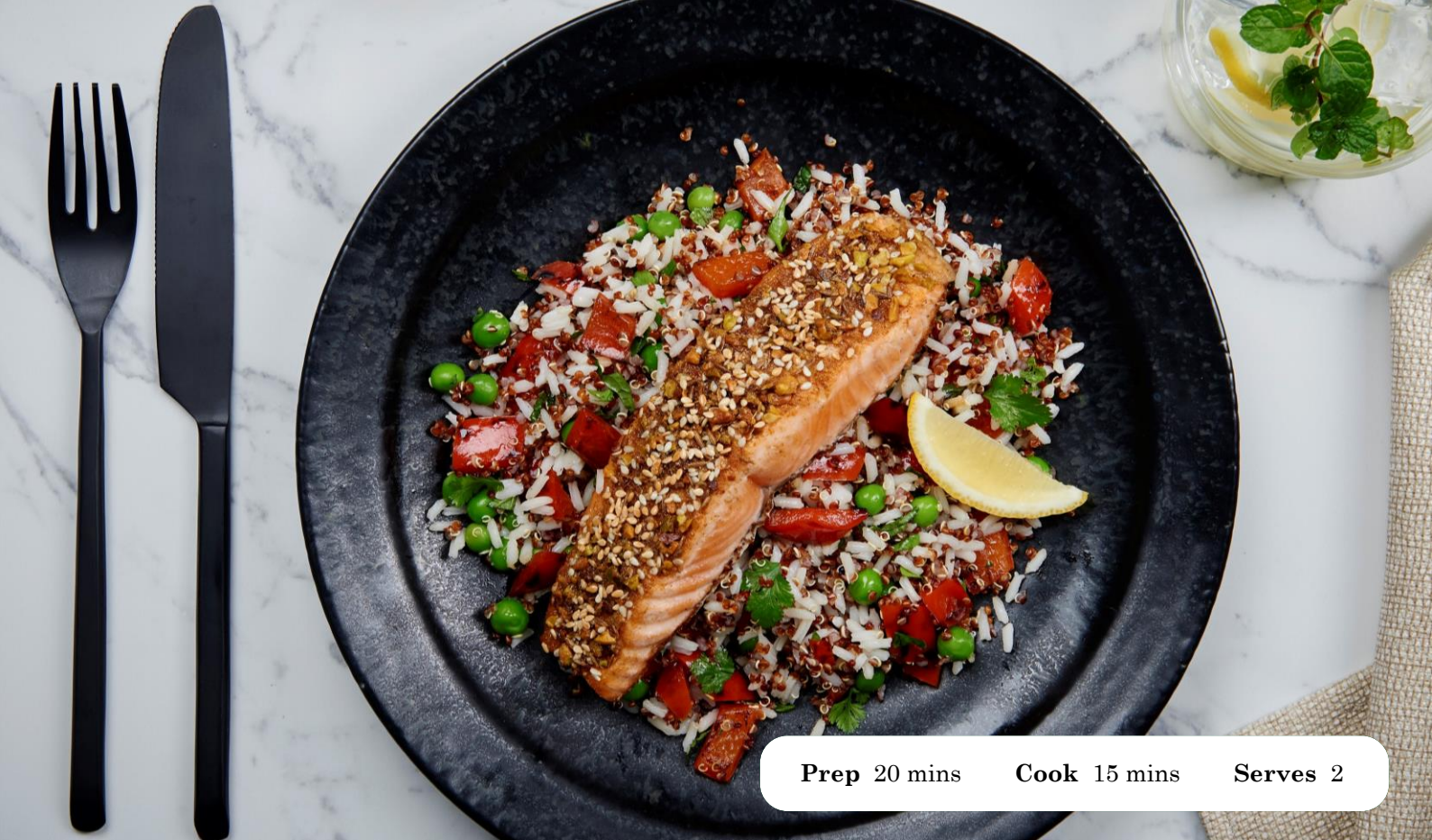
60g baby rocket leaves
¼ cup baby mint leaves
¼ cup pomegranate seeds
1 orange, segmented
2 tablespoons chopped pistachio nuts
2 tablespoons pomegranate molasses
1 tablespoons olive oil
280g packet chilled **John West Wild Alaskan Sockeye Salmon Skin-On**

Preparation

1. Combine rocket, mint, pomegranate seeds, orange segments, pistachio nuts and gently toss to combine.
2. Combine pomegranate molasses, olive oil and any reserved orange juice from segmented orange to make a dressing.
3. Cook **John West Sockeye Salmon** following packet directions. Serve salmon over salad and drizzle with dressing.



TIP: Segment orange over a bowl to capture extra juice and use in the salad dressing.



Prep 20 mins

Cook 15 mins

Serves 2

Dukkah Crusted Salmon with Quinoa & Rice

Ingredients

2 tablespoons pistachio dukkah

280g packet chilled **John West Skinless**

Salmon Fillets

1 cup cooked white or brown rice

$\frac{3}{4}$ cup cooked red quinoa

$\frac{1}{2}$ cup frozen Birds Eye Garden Peas, cooked

1 tablespoon each fresh chopped coriander & mint

1-2 tablespoons vinaigrette dressing

2 teaspoons oil

1 small red capsicum, roughly chopped

1 tablespoon oil, extra



Preparation

1. Sprinkle dukkah evenly over top of **John West Salmon** fillets. Set aside.
2. Combine rice, quinoa, peas, herbs and dressing in a bowl and toss together.
3. Heat oil in a large non stick frypan until hot. Add capsicum and cook tossing occasionally until lightly charred. Remove and stir through the rice salad. Wipe frypan with absorbent paper.
4. Heat remaining oil in the same frypan and cook salmon following packet directions.
5. To serve, spoon rice salad on serving plates and top with cooked salmon fillet.

TIP: Cooked salmon can be flaked and gently tossed through rice salad for a delicious all-in-one salmon salad option. If unable to find pistachio dukkah any variety will work.

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