

# One can, endless possibilities



It's what John West rejects that makes

**JOHN WEST**<sup>®</sup>

the best.





Prep 10 mins

Cook 0

Serves 4

# Citrus Salmon Bagel Crisps

## Ingredients

50g spreadable cream cheese

Finely grated zest of ½ small lemon

95g can **John West Salmon Tempters –**

**Citrus & Herbs**, drained and oil reserved

12 bagel crisps

Dill, for garnish

Lemon infused oil, for serving

## Preparation

1. Combine cream cheese, lemon zest and reserved oil. Spread over each bagel crisp.
2. Top with **John West Salmon** and garnish with dill. Drizzle over lemon oil and serve immediately.



*Crustini rounds or mini toast may be used as an alternative for the bases.*





Prep 10 mins

Cook 0

Serves 4

# Salmon Wonton Crisps

## Ingredients

- 130g can **John West Salmon Skinless & Boneless - Springwater**, drained
- 1 teaspoon light soy sauce
- Sesame oil
- Fried wonton wrappers, rice crackers or prawn crackers
- 1 small Lebanese cucumber, sliced into ribbons
- Toasted sesame seeds, for garnish
- Spring onion curls, salad leaves, for garnish

## Preparation

1. Lightly combine **John West Salmon** with soy sauce and a couple of drops of sesame oil.
2. Top bases with a cucumber ribbon and some salmon mixture. Sprinkle with sesame seeds and garnish with greens.

*To fry wonton wrappers, deep fry wrappers in hot oil in a wok or fry pan for 2-3 minutes or until golden and crisp.*

*Use a vegetable peeler to produce cucumber ribbons.*

*If the John West Salmon Tempter - Soy, Garlic & Sesame is available, substitute for the springwater can and omit the soy sauce and sesame oil.*







**Prep** 20 mins

**Cook** 6 mins

**Serves** 2

# Lemongrass Salmon Cakes

## with chilli lime sauce

### Ingredients

1 large potato, cooked and cooled  
 130g can **John West Skinless & Boneless Salmon in Springwater**, drained  
 2 teaspoons finely chopped lemongrass  
 2 tablespoons chopped fresh coriander, plus extra leaves, for garnish  
 1 egg, lightly beaten,  
 ¼ cup plain flour  
 1 cup panko breadcrumbs  
 2 teaspoons sesame seeds  
 Oil, for frying  
 ¼ cup sweet chilli sauce  
 Zest and juice of 1 lime

### Preparation

1. Discard skin from potato and lightly mash. **Add John West Salmon**, lemongrass and coriander. Season to taste and mix well. Shape into 6 small patties.
2. Lightly coat each in flour, dip in egg and coat in combined breadcrumbs and sesame seeds. Cover and refrigerate until required.
3. Heat oil in a medium frypan and cook salmon cakes for 2-3 minutes on each side or until golden brown.
4. Combine sweet chilli sauce and lime juice. Serve salmon cakes with dipping sauce and extra lime wedges and cucumber sticks if desired.



*Ice cream scoops are perfect for making even sized patties.*





Prep 5 mins

Cook 15 mins

Serves 2

# Quinoa & Salmon Salad

## Ingredients

¼ cup quinoa of choice

95g can **John West Salmon Tempter – Lemon & Cracked Pepper**, drained and liquid reserved

⅓ cup baby rocket leaves

4-5 mini roma tomatoes, halved

1 tablespoon chopped fresh parsley leaves

2 teaspoons toasted pepitas (or slivered almonds)

## Preparation

1. Cook quinoa following packet directions. Drain, rinse and cool.
2. Combine cooled quinoa, **John West Salmon**, rocket, tomatoes and parsley in a serving bowl.
3. When ready to serve, drizzle with reserved tuna liquid and sprinkle with pepitas.



*Use white, red, tri coloured quinoa or couscous, if desired.*





Prep 10 mins

Cook 2 mins

Serves 2

# Salmon Wild Rice Bowl

## Ingredients

250g packet microwave brown and wild rice  
130g can **John West Salmon Tempters** –

### Olive Oil Blend

1 small carrot, julienned  
½ cup shelled edamame beans  
4 spring onions, chopped  
¼ cup fresh coriander leaves  
1 tablespoon toasted sesame seeds  
1 teaspoon sesame oil  
2 tablespoons salt reduced soy sauce  
1 tablespoon honey  
Juice of 1 lime  
Fresh chilli to serve, optional

## Preparation

1. Heat rice following packet directions. Set aside to cool slightly.
2. Place rice in bowl, top with **John West Salmon**, carrot, edamame beans, spring onion, coriander and toasted sesame seeds.
3. Combine remaining ingredients in a screw top jar to make a dressing. Shake well. Pour over rice bowls and serve.



*Mix and match bowl ingredients of your choice – such as John West Salmon, roast sweet potato and blanched snow peas or John West Salmon, red capsicum and steamed broccolini.*





Prep 20 mins

Cook 0

Serves 2

# Mango & Salmon Salad

## Ingredients

2 cups mixed salad leaves  
100g pouch Edgell Red Kidney Beans  
130g can **John West Skinless & Boneless Salmon - Olive Oil**, drained  
2 spring onions, diagonally sliced  
1 small red capsicum, thinly sliced  
1 mango, sliced  
¼ cup roughly chopped fresh coriander  
½ cup mayonnaise  
2 teaspoons finely grated lime zest  
1-2 tablespoons lime juice  
2 tablespoons desiccated coconut

## Preparation

1. Arrange salad leaves, red kidney beans, **John West Salmon**, spring onions, capsicum and mango on a serving platter. Sprinkle with coriander.
2. Combine mayonnaise, lime zest, juice and coconut and spoon over salad or serve on the side.



*If you prefer a thinner dressing, add a little water, prior to serving.*





**Prep** 10 mins

**Cook** 10 mins

**Serves** 2

# Salmon & Noodle Poke Bowl

## Ingredients

95g can **John West Salmon Tempters – Olive Oil**

1 teaspoons soy sauce

180g udon or soba noodles

125g can Edgell Edamame Beans, drained

125g can Edgell Black Beans, drained and rinsed

1 carrot, thinly sliced

½ cup baby spinach leaves

1 tablespoon pickled ginger

1 teaspoon toasted sesame seeds

## Preparation

1. Drain oil from **John West Salmon** and set aside. Drizzle salmon with soy sauce.
2. Cook noodles following packet directions. Toss through reserved salmon oil and place in the base of 2 serving bowls.
3. Top noodles with salmon, edamame and black beans, carrot, spinach and ginger. Sprinkle with sesame seeds and serve immediately.



*John West – Soy, Garlic & Sesame is ideal in this salad. If available omit the soy sauce from the recipe.*

*Perfect for a take to work or school lunch.*





Prep 20 mins

Cook 0

Serves 2-3

# Rice Paper Rolls

## Ingredients

- 6 small rice paper rounds
- 2 x 95g cans **John West Salmon Tempters – Coriander, Chilli & Lime**
- 12 coriander leaves
- 2 cups bean shoots
- 1 Lebanese cucumber cut into julienne strips
- Light soy sauce
- 1 lime, cut into wedges for serving

## Preparation

1. Prepare rice paper rounds one at a time, following packet directions. Place on a board, spoon a little **John West Salmon** along one third of the rice paper and a coriander leaf at the opposite end.
2. Top the salmon with bean shoots and 2-3 cucumber strips. Fold one edge of rice paper over (leaving one edge exposed) then roll up firmly starting with the salmon end.
3. Serve with light soy sauce for dipping and lime wedges.



*Cover prepared rolls with plastic wrap and refrigerate until ready to serve to prevent them drying.*





**Prep** 30 mins

**Cook** 4 mins

**Serves** 12

# Salmon Koftas

## Ingredients

400g Edgell Chick Peas, drained  
2 tablespoons Leggo's Tomato Paste  
130g can **John West Skinless & Boneless Salmon – Olive Oil**, drained  
3 tablespoons chopped fresh mint  
½ cup dried breadcrumbs  
1 egg, lightly beaten  
½ cup natural yoghurt  
oil for frying

## Preparation

1. Place chick peas in a food processor and puree. Add tomato paste.
2. Place mixture in a bowl and stir in drained **John West Salmon** and mint. Using a tablespoon of mixture, shape into small koftas, repeat to make 12. Coat in breadcrumbs, dip in egg and double coat in bread crumbs. Chill for half hour.
3. Cover the base of a small pan with oil and heat on a medium setting. Cook salmon koftas for a 3-4 minutes turning till golden brown. Drain on absorbent paper.
4. Serve with remaining mint stirred into yoghurt as a dipping sauce.



*Chilling the koftas before cooking allows the crumb to set so the koftas hold their shape during cooking.*





Prep 10 mins

Cook 3 mins

Serves 2

# Salmon Bruschetta

## with lemon chive ricotta

### Ingredients

- 1/3 cup fresh ricotta
- 1/2 teaspoon finely grated lemon zest
- 1 teaspoon finely chopped fresh chives
- 2 slices sourdough bread
- Extra virgin olive oil, for brushing
- 95g can **John West Salmon Tempter – Lemon & Cracked Pepper**, lightly drained
- Watercress, baby rocket or herbs of choice, for serving

### Preparation

1. Combine ricotta, lemon zest and chives, season to taste and set aside.
2. Brush bread slices with oil and cook on a chargrill plate or griddle pan to lightly char grill.
3. Spread ricotta mixture on bread, top with **John West Salmon** and watercress if desired.



*This recipe is easily doubled to serve more people.*





Prep 20 mins

Cook 15 mins

Serves 2

# Salmon Burgers

## Ingredients

1 large (300g) potato  
95g can **John West Salmon Tempter – Lemon & Cracked Pepper**, lightly drained  
2 teaspoons chopped fresh dill  
1 baby dill cucumber (optional), finely chopped  
¼ cup grated tasty cheese  
Flour, for coating  
Oil, for cooking  
1-2 tablespoons mayonnaise  
Hamburger buns, salad ingredients of choice for serving



## Preparation

1. Pierce potato skin well then cook whole potato in a microwave oven on HIGH power for approximately 6-7 minutes or until tender. Cut in half and carefully scoop out hot flesh into a large bowl. Mash well.
2. Add **John West Salmon**, half the dill, dill cucumber and cheese and stir to combine. Form into 2 burger patties. Chill for 30 minutes.
3. Lightly coat patties in flour, shaking off any excess and cook on both sides in hot oil until golden. Drain on absorbent paper.
4. Combine remaining dill with mayonnaise, spread on burger bun and assemble as desired.

*For a crispy crumb coating, dip patties in flour, egg and panko crumbs*





**Prep** 10 mins

**Cook** 10 mins

**Serves** 2

# Sicilian Style Salmon Spaghetti

## Ingredients

200g spaghetti  
2 tablespoons olive oil  
1 clove garlic, crushed  
¼ cup sundried tomatoes, chopped  
2 tablespoons pine nuts, toasted  
1 tablespoon currants  
2 x 95g cans **John West Salmon – Olive Oil**,  
undrained  
2 tablespoons fresh parsley leaves, finely  
chopped  
Chilli (optional)  
Parmesan, to serve



## Preparation

1. Cook pasta following packet directions. Drain, reserving ½ cup of the cooking water.
2. Meanwhile as pasta is cooking, heat olive oil in a non stick medium frypan, add garlic and cook for 1-2 minutes. Add sundried tomatoes, pine nuts and currants and stir on a low heat.
3. Add **John West Salmon** including reserved oil from can and 1 tablespoon of parsley. Gently stir in drained pasta to the frypan with a little of the pasta cooking water to loosen the sauce.
4. To serve, sprinkle with chilli, remaining parsley and parmesan.

*Golden, pan fried breadcrumbs can be used instead of parmesan in seafood pastas.*





**Prep** 15 mins

**Cook** 40 mins

**Serves** 2

# Lemon Salmon Risotto

## with asparagus & peas

### Ingredients

2 tablespoon olive oil  
1 onion, finely chopped  
1 clove garlic, finely chopped  
 $\frac{2}{3}$  cup arborio rice  
 $1\frac{1}{2}$  cups hot chicken or vegetable stock  
2x 90g can **John West Salmon - Lemon & Cracked Pepper**, undrained  
 $\frac{1}{2}$  bunch asparagus, blanched and chopped  
 $\frac{1}{2}$  cup frozen peas, defrosted  
2 tablespoons finely chopped fresh parsley  
2 tablespoons finely grated parmesan, plus extra, to serve  
Finely chopped parsley, to garnish



### Preparation

1. Heat oil in a heavy based medium frypan over medium-low heat. Cook onion for 5-7 minutes until softened but not coloured. Add garlic and cook for a further 2 minutes then add rice and stir.
2. Increase heat to medium and pour in a ladle of hot stock, stirring until most of the liquid is absorbed by rice. Continue this process, adding a ladle of stock at a time and stirring, until rice is soft but with a slight bite.
3. Add **John West Salmon** including oil from can, asparagus, peas, parsley and parmesan. Stir to combine, season to taste, cover and remove from heat. Set aside for 2 minutes.
4. Serve risotto with extra grated parmesan and parsley.