

Share The Best. Easy Entertaining



It's what John West rejects that makes



the best.

John West have brought you a selection of their best entertaining recipes. From mouth watering morsels to simple share plates, from tapas style dishes to al fresco salads. Something for every occasion when family and friends just want to share the best.

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Prep 10 mins

Cook n/a

Makes 12

Oyster & Camembert Tartlets

Ingredients

125g camembert, cut into 12 wedges
 85g can **John West Smoked Oysters in Barbecue Sauce**, drained
 12 pre cooked savoury tartlet cases
 Lemon infused oil, for drizzling
 Thyme, for garnish

Preparation

1. Place camembert and **John West Oysters** in tartlet cases and drizzle with lemon oil.
2. Garnish with thyme. Serve immediately.



Pre cooked tartlet case can be found in most supermarkets and specialty stores.



Prep 15 mins

Cook 5 mins

Makes 16

Chorizo & Mackerel Bites

Ingredients

1 chorizo

16 basil leaves

125g can **John West Mackerel Fillets in Brine**, drained and roughly flaked

2 tablespoons toasted slivered almonds

Freshly ground black pepper, for serving

Preparation

1. Thinly slice chorizo on the diagonal, into 16 slices and panfry until crisp. Place chorizo slices on a serving platter.
2. Top each with a basil leaf, **John West Mackerel** and almonds. Sprinkle with black pepper. Serve.



Dollop a small amount of aioli on each bite just before serving.



Prep 5 mins

Cook n/a

Makes 12

Citrus Salmon Bagel Crisps

Ingredients

50g spreadable cream cheese

Finely grated zest of ½ small lime

95g can John West Salmon Tempters –

Lemon & Cracked Pepper, drained

& oil reserved

12 bagel crisps

Dill, for garnish

Lemon infused oil, for serving

Preparation

1. Combine cream cheese, lime 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 15 mins

Cook 5 mins

Makes 12

Crispy Crumb Coated Mussels

Ingredients

110g can **John West Mussels in Galician Sauce**

⅓ cup spreadable cream cheese

10g butter

¼ cup fresh breadcrumbs

½ small clove garlic, crushed

1 witlof, leaves separated

Fresh parsley leaves, for garnish

Preparation

1. Drain residual sauce from **John West Mussels** into a small bowl. Stir in cream cheese until smooth. Set aside.
2. Melt butter in a small saucepan. Add breadcrumbs and garlic, cook stirring until golden in colour.
3. Spread a small amount of cream cheese mixture in each witlof leaf and top with a **John West Mussel**. Sprinkle with crispy breadcrumbs and garnish with parsley. Serve immediately.



Baby cos can be used as an alternative to witlof.



Prep 10 mins

Cook n/a

Makes 12

Asian Style Salmon Crisps

Ingredients

Fried wonton wrappers, rice crackers or prawn crackers

1 small Lebanese cucumber, sliced into ribbons

95g can **John West Salmon Tempter – Soy, Garlic & Sesame**, lightly drained

Toasted sesame seeds, for garnish

Spring onion curls, for garnish

Preparation

1. Top bases with a cucumber ribbon. Spoon over **John West Salmon**.
2. Sprinkle sesame seeds and garnish with spring onion. Serve immediately.



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.

John West Salmon Tempter with Olive Oil can be substituted and add a teaspoon of soy sauce to salmon.



Prep 10 mins

Cook n/a

Makes 12

Dukkah Topped Tuna on Pumpernickel

Ingredients

3 slices of pumpernickel

12 large fresh basil leaves

95g can John West Tuna Tempter –

Naturally Smoked, lightly drained
Dukkah, for serving

Fresh baby basil leaves, for garnish

Preparation

1. Cut each pumpernickel into 4 triangles.
2. Top each base with a large basil leaf, a teaspoon of **John West Tuna** and sprinkle with dukkah. Serve immediately garnished with extra baby basil leaves.



Pumpernickel can be found in most supermarkets in the cracker aisle and dukkah with the spices.



Prep 15 mins

Cook n/a

Makes 12

Fiery Mackerel Teasers

Ingredients

12 tortilla strips or corn chips

½ avocado, thinly sliced

125g can **John West Mackerel Fillets in Sriracha Sauce**, flaked

2 teaspoons finely chopped red onion

2 tablespoons sour cream

Fresh baby coriander leaves and lime wedges, for garnish

Preparation

1. Top each tortilla strip with avocado, **John West Mackerel** and red onion.
2. Dollop with sour cream, garnish with coriander and lime. Serve immediately.



These are best consumed immediately after being assembled to prevent the corn chips from going soggy.



Prep 15 mins

Cook n/a

Makes 6

Salmon & Cream Cheese Lavosh

Ingredients

- ¼ cup spreadable cream cheese
- 1 tablespoon chopped fresh dill, plus extra for garnish
- 1 small lemon, grated zest and juiced
- 6 lavosh crackers
- 115g can **John West Salmon Slices – Smoked**, drained

Preparation

1. Combine cream cheese, dill, lemon zest and juice. Spread over each lavosh cracker.
2. Top with **John West Salmon Slices**. Garnish with extra dill sprigs and serve immediately.



Drain the salmon slices on paper towel if making ahead of time.



Prep 15 mins

Cook 15 mins

Makes 10

Smashed Chats with Oysters

Ingredients

8-10 baby chat potatoes, unpeeled
 85g can **John West Smoked Oysters in Oil**, drained and oil reserved
 ¼ cup shredded tasty cheese
 Cajun seasoning, for sprinkling
 Thyme leaves, for garnish

Preparation

1. Prick potatoes 2-3 times with a fork. Microwave on HIGH for 4-5 minutes or until tender.
2. Place potatoes on a baking paper lined tray and lightly crush using the back of a fork. Brush with reserved oyster oil and top with cheese. Bake in a preheated oven at 200°C for 10 minutes or until crisp.
3. Place potatoes on a serving platter and top with **John West Oysters**. Sprinkle with Cajun seasoning and finish with thyme leaves. Serve immediately.



Potatoes can be oven roasted to cook, if preferred.



Prep 15 mins

Cook 4 mins

Makes 12

Thai Style Mackerel Morsels

Ingredients

125g can **John West Mackerel Fillets in Olive Oil**

1 tablespoon Thai green curry paste

1 teaspoon lime juice

Roti bread, for serving

½ Lebanese cucumber, sliced into ribbons

Sliced spring onion, julienned carrot and baby coriander leaves, for garnish

Preparation

1. Drain **John West Mackerel** reserving the oil. Combine the reserved oil, curry paste and lime juice. Halve each mackerel fillet and coat in curry dressing.
2. Heat roti following packet directions until warmed through.
3. Cut roti bread into small squares and top with cucumber, mackerel, spring onion, carrot and coriander leaves. Serve immediately.



Thai style roti bread can be found in the chilled section of most supermarkets.



Prep 10 mins

Cook 8 mins

Makes 5

Crunchy Topped Sardines

Ingredients

110g can **John West Sardines in Lemon, Chilli & Garlic**, drained & oil reserved
 10g butter
 1 clove garlic, crushed
 ½ cup fresh breadcrumbs
 1 tablespoon chopped fresh parsley leaves
 Watercress and lemon wedges, to serve



Preparation

1. Heat reserved **John West Sardine** oil and butter in a non stick frypan over high heat until butter has melted. Add garlic and cook for 1 minute. Stir in breadcrumbs and cook for 4-5 minutes, stirring regularly until breadcrumbs are golden and crunchy. Remove from heat and stir in parsley.
2. Place some watercress leaves and 2-3 sardines in the base of each serving dish. Sprinkle with crunchy topping and serve immediately.

Turn stale bread into breadcrumbs and store in the freezer, ready for dishes like this one.



Prep 15 mins

Cook n/a

Makes 12

Smashed Sardines on Vegie Crisps

Ingredients

110g can **John West Sardines – Lemon, Chilli and Garlic**, drained and oil reserved

1 tablespoon toasted pine nuts

Vegie crisps, for serving

Baby basil leaves, for garnish

Preparation

1. Lightly smash **John West Sardines** with a fork. Add pine nuts and combine.
2. Place a spoonful of sardine mix on top of vegie crisps. Spoon over a little of the reserved oil and garnish with basil leaves. Serve immediately.



Vegie crisps can be found in the chip or health food aisle of most supermarkets in a variety of vegetables.



Prep 5 mins

Cook 10 mins

Serves 2

Warm Escabeche Mussels

Ingredients

Oil spray

12 slices sourdough bread

½ clove garlic

2 teaspoons olive oil

110g **can John West Spanish Mussels in Escabeche Sauce**

Chopped chives, for garnish

Preparation

1. Heat a chargrill plate until hot. Spray both sides of the bread with oil. Toast bread on both sides until charred. Rub each with garlic clove.
2. Heat oil in a small saucepan, add **John West Mussels** and sauce, warm through. Spoon into serving dishes and sprinkle with chives. Serve with charred bread.



Substitute John West Galician Mussels for Escabeche Mussels, if desired.



Prep 10 mins

Cook n/a

Serves

4

Greek Style Salad

Ingredients

150g baby roma tomatoes, halved
1 Lebanese cucumber, sliced
1 small red onion, thinly sliced
½ small red capsicum, thinly sliced
¼ cup Kalamata olives
110g **can John West Sardines with Rosemary and Sea Salt**
50g fetta, crumbled
½ teaspoon dried oregano
1 teaspoon red wine vinegar
Pinch sugar
Crusty bread, for serving



Preparation

1. Combine tomatoes, cucumber, onion, capsicum and olives in a serving bowl.
2. Drain **John West Sardines** reserving the liquid. Arrange sardines on salad and top with fetta. Sprinkle with oregano.
3. Combine reserved sardine oil, vinegar and sugar, drizzle over salad. Serve with crusty bread.

Perfect served in small bowls as a tapas style dish.



Prep 25 mins

Cook n/a

Makes 8

Vietnamese Rice Paper Rolls

Ingredients

8 rice paper wrappers
 30g rice vermicelli noodles, prepared
 ½ carrot, finely julienned
 1 spring onion, finely julienned
 ½ Lebanese cucumber, finely julienned
 2 x 95g can **John West Tuna Tempter – Sweet chilli**
 2 tablespoons fresh mint leaves
 2 tablespoons fresh coriander leaves
 Vietnamese dipping sauce
 Lime wedges, for serving



Preparation

1. Prepare each rice paper wrapper by dipping in warm water to soften. Lay flat & place some noodles, carrot, spring onion, cucumber & ¼ can **John West Tuna** together with some liquid sauce from the can along the centre.
2. Fold ends of rice paper over and roll to secure, adding herbs towards the end of rolling. This will yield translucent herbs in the rolls. Repeat with remaining wrappers and ingredients.
3. Serve with your favourite dipping sauce and lime wedges.

The rice paper rolls can be made a few hours ahead of time and stored covered in the refrigerator.



Prep 10 mins

Cook 15 mins

Makes 4

Sardine Pizza

Ingredients

4 x 15cm ready-made pizza bases
4 tablespoons Leggo's Pizza Sauce
120g cherry tomatoes, halved
110g can **John West Sardines in Extra Virgin Olive Oil**, drained
12 black pitted olives, halved
1½ cups grated mozzarella cheese
Basil and rocket leaves, for serving

Preparation

1. Spread each pizza base with 1 tablespoon pizza sauce. Arrange tomatoes, **John West Sardines** and olives over bases and sprinkle with cheese.
2. Place pizzas onto a lightly greased oven tray and bake in a preheated oven at 200°C for 15 minutes or until cheese is golden and bubbling.
3. Serve topped with basil and rocket.



Pita bread can be substituted for the pizza bases.



Prep 5 mins

Cook 5 mins

Serves 4

Salmon, Corn & Capsicum Quesadilla

Ingredients

415g **John West Pink Salmon**, drained,
bones removed and flaked

⅓ cup mayonnaise

2 spring onions, finely chopped

125g can Edgell Diced Capsicum, drained

125g can Edgell Corn Kernels, drained

6 tortillas

½ cup grated tasty cheese

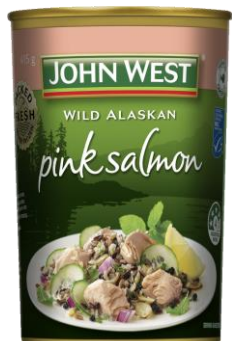
Oil spray

Lime wedges, for serving

Coriander and mint leaves, for garnish

Preparation

1. Combine **John West Pink Salmon**, mayonnaise, spring onions, capsicum and corn kernels in a bowl until salmon is smooth.
2. Divide and spread salmon mixture between 3 tortillas. Sprinkle each with cheese and cover with remaining tortillas.
3. Heat a frypan over medium heat. Spray each tortilla with oil on both sides and toast quesadillas on both sides until golden.
4. Cut into quarters and serve immediately with lime wedges. Garnish with mint and coriander leaves.



Quesadillas can be cut in half and cooked in a sandwich press.



Prep 15 mins

Cook 20 mins

Serves 4

Roasted Sweet Potato & Mackerel Salad

Ingredients

- 1 large sweet potato (approx. 400g), cut into batons
- 1 tablespoon oil
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ cup tricolour quinoa
- 125g can **John West Mackerel Fillets in Olive Oil**
- 2 teaspoons Balsamic vinegar
- 1 tablespoons chopped fresh parsley
- 30g baby spinach leaves
- ⅓ cup pomegranate seeds



Preparation

1. Toss sweet potato, oil and spices together to coat well. Place in a single layer on a baking paper lined tray and cook in a preheated oven at 200°C for 20 minutes or until just tender. Cool slightly.
2. Meanwhile, cook quinoa following packet directions. Drain **John West Mackerel** reserving the oil. Gently flake the mackerel. Combine the oil and balsamic to make a dressing.
3. Toss sweet potato, cooked quinoa, parsley, spinach and pomegranate seeds together in a large bowl. Add dressing and toss lightly to coat. Add flaked mackerel and serve.

Balsamic vinegar is generally dark but look for a white balsamic condiment for making dressings.



Prep 10 mins

Cook 2 mins

Makes 2

Smoked Trout Bagel with Persian Fetta

Ingredients

1 sesame bagel, halved and toasted
 50g Persian fetta or marinated goat fetta
 115g can **John West Rainbow Trout**
Smoked Fillets, drained
 2 teaspoons chopped fresh dill
 1 teaspoon baby capers
 Finely sliced red onion, for serving
 Lemon infused oil, for serving

Preparation

1. Spread both toasted bagel halves with fetta.
2. Top with **John West Trout Fillets**, dill, capers and red onion.
3. Drizzle with lemon oil and serve.



Perfect for those lazy weekend brunches.



Prep 10 mins

Cook n/a

Makes 2

Sriracha Mackerel Banh Mi

Ingredients

- 2 long Vietnamese style bread rolls
- ¼ cup mayonnaise
- 1 cup mixed slaw (red & green cabbage, spring onion, carrot)
- 125g can **John West Mackerel Fillets in Sriracha Sauce**
- Fresh coriander sprigs, for serving

Preparation

1. Cut a slit in each bread roll, without cutting all the way through. Spread mayonnaise and top with slaw.
2. Remove **John West Mackerel** from sauce, gently flake and place in rolls. Drizzle the sauce over filling and top with coriander. Serve.



If serving a few - buy 6 small long dinner rolls and prepare as above.



Prep 10 mins

Cook 3 mins

Makes 8

Sardine Bruschetta

Ingredients

8 slices crusty baguette

½ garlic clove

200g mixed tomato medley, chopped

1 spring onion, thinly sliced

110g can **John West Sardines with Rosemary & Sea salt**, drained, oil reserved

Freshly ground black pepper, to taste

Extra virgin olive oil, for drizzling

Preparation

1. Lightly toast or grill bread until golden. Rub both sides with garlic clove.
2. Combine tomatoes, spring onion and reserved oil in a bowl and spoon onto bread. Top each with a **John West Sardine**. Sprinkle with pepper and drizzle with oil, if desired. Serve immediately.



Use any of the flavoured John West Sardines varieties in this recipe.

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Specialty Seafood



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