



PANTRY MEALS

dinners that start with what you have





Pantry Meals

In this collection we are sharing some of our favourite recipes that start with what is already in the pantry.

Staples like John West canned tuna, salmon, and mackerel, rice, dried pasta, grains, noodles, canned legumes & tomatoes.

We also like to keep our kitchen stocked with oil, butter, eggs, spices, herbs, soy sauce & frozen and seasonal vegetables, so that at anytime a tasty meal can be made.

These recipes prove that good cooking can be simple, that what you already have is often enough, and that when starting with a can of John West, the possibilities are limitless!

Dinner is served!

JOHN WEST

Chilli Infused Tuna Zoodles

John West Deli Tuna – Chilli Infused Oil & Lemon Zest

Prep: 20 mins • Cook: 5 mins • Serves: 2



Ingredients

2x 90g can John West Deli Tuna – Chilli Infused Oil & Lemon Zest, drained and oil reserved
250g cherry tomatoes
1 clove garlic, crushed
500g zucchini, cut into julienne strips
50g marinated fetta, crumbled
Basil leaves and black pepper, for garnish

Preparation

1. Heat 1 tablespoon reserved tuna oil in a large non stick frypan and sauté tomatoes for 1 minute or until blistered. Remove and keep warm.
2. Add remaining tuna oil to the same frypan, add garlic and zucchini, sauté for 2 minutes until zucchini has softened. Gently stir in John West Deli Tuna and softened tomatoes to the frypan.
3. Serve zoodles sprinkled with fetta. Garnish with basil and black pepper.



Tip: To save time, use pre-prepared zucchini noodles available in most supermarkets.

Salmon Fried Rice

John West Salmon Tempters – Olive Oil Blend

Prep: 10 mins • Cook: 10 mins • Serves: 2



Ingredients

1 tablespoon oil
1 egg, lightly beaten
1 spring onion, chopped, plus extra for garnish
1 clove garlic, crushed
250g microwavable rice, cooked following packet directions

1 cup frozen Birds Eye Country Harvest Carrot, Peas & Corn
2 tablespoons soy sauce
½ teaspoon sesame oil
95g can **John West Salmon Tempters - Olive Oil Blend**, drained

Preparation

1. Heat half the oil in a non stick wok or frypan over medium heat. Add egg and allow to set, stir to make scrambled egg. Cook for 1-2 minutes or until egg has cooked through. Remove from wok and set aside to keep warm.
2. Heat remaining oil in the same wok. Add spring onion and garlic, cook for 1 minute. Stir in rice and frozen Birds Eye Vegetables and cook for 5 minutes, stirring regularly. Pour over soy sauce and sesame oil and stir to combine.
3. Remove from heat and gently stir in John West Salmon. Spoon into serving bowls and garnish with extra spring onion.



Tip: Spring onion curls are made by cutting the onion into long thin strips. Place strips into a bowl of iced water to curl.

Tomato, Tuna & Garlic Pasta

John West Tuna Slices - Smoked

Prep: 10 mins • Cook: 10 mins • Serves: 2

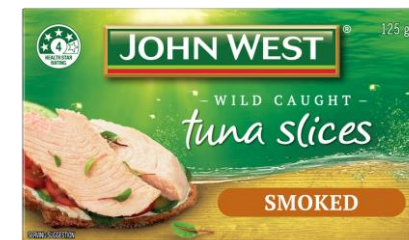


Ingredients

200g angel hair pasta
60g butter
2 cloves garlic, crushed
250g punnet cherry tomatoes, halved
Finely grated zest of 1 lemon
125g can John West Tuna Slices – Smoked,
oil reserved
2 tablespoons chopped fresh chives
½ cup grated parmesan cheese

Preparation

1. Cook pasta following packet directions.
2. Meanwhile, melt butter in a non stick frypan over medium heat. Stir in garlic. Place cherry tomatoes cut side down in pan, season to taste. Reduce heat to low and cook for 2-3 minutes. Remove from heat and stir through lemon zest.
3. Toss pasta through sauce. Gently stir in John West Tuna Slices and reserved oil, chives and parmesan cheese. Spoon into serving bowls and serve immediately.



Tip: The addition of lemon zest is a fresh compliment to the smoky fish and butter sauce. Lemon zest also enhances risottos, seafood sauces and dressings. A good microplane is the easiest and best way to zest.

Fiery Sriracha Hokkien Noodles

John West Mackerel Fillets in Sriracha Sauce

Prep: 15 mins • Cook: 6 mins • Serves: 2



Ingredients

125g can John West Mackerel Fillets in Sriracha Sauce

1 tablespoon peanut oil

1 red onion, cut into wedges

10 sugar snap peas, trimmed

1 red capsicum, roughly chopped

1 teaspoon finely grated fresh ginger

220g packet hokkien noodles, cooked following packet directions

1 teaspoon sesame oil

Bean shoots and coriander leaves, for serving

Preparation

1. Drain John West Mackerel reserving the sauce and gently flake.
2. Heat oil in a wok over medium-high heat. Stirfry vegetables until just softened and lightly charred. Add ginger and cook until fragrant.
3. Add noodles and reserved sauce from John West Mackerel and heat through. Gently stir through mackerel, sesame oil and heat through.
4. Serve topped with bean shoots and coriander.



Tip: Use your favourite combination of vegetables in this quick stirfry.

Tuna With Tomato & Ricotta

John West Deli Tuna – Rosemary & Sea Salt in Oil

Prep: 5 mins • Cook: 6 mins • Serves: 1



Ingredients

- 1x 90g can John West Deli Tuna – Rosemary & Sea Salt in Oil
- 1 small clove garlic, crushed
- ½ 400g can chopped tomatoes
- 40g fresh ricotta, sliced and crumbled
- Finely grated zest of ½ lemon and rosemary sprigs, for garnish
- Toasted sourdough bread, for serving

Preparation

1. Drain oil from John West Deli Tuna into a frypan over medium heat and sauté garlic until translucent.
2. Add tomatoes and bring to the boil. Reduce heat, cover and simmer for 5 minutes. Add tuna and stir to combine, ensuring chunks are left intact.
3. Top with ricotta. Garnish with lemon zest and rosemary. Serve with bread for mopping up the juices.



Tip: Serve with a salad of bitter greens like rocket and watercress.

Lemon Salmon, Asparagus & Pea Risotto

John West Salmon – Lemon & Cracked Pepper

Prep: 15 mins • Cook: 40 mins • Serves: 2



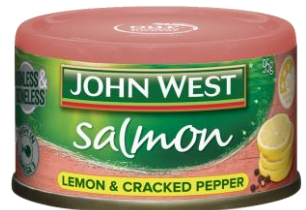
Ingredients

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**
 $\frac{1}{2}$ bunch asparagus, blanched and cut into

5cm lengths
 $\frac{1}{2}$ cup frozen peas, defrosted
2 tablespoons finely chopped fresh parsley leaves
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. Add onion and cook 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.



Tip: Allowing the risotto to sit covered for 2 minutes after cooking helps to create the creamy texture that makes risotto so delicious.

Chilli Napoletana Tuna Bake

John West Chunk Style Tuna – in Olive Oil Blend

Prep: 5 mins • Cook: 30 mins • Serves: 4



Ingredients

2 cups short pasta
1 tablespoon oil
½ red and green capsicum, diced
¼ teaspoon chilli flakes
425g can **John West Chunk Style Tuna - in Olive Oil Blend**, drained and flaked
500g jar Leggo's Napoletana Pasta Sauce
⅔ cup grated tasty cheese

Preparation

1. Cook pasta following packet directions. Drain.
2. Meanwhile, heat oil in a saucepan and sauté capsicum and chilli flakes for 2-3 minutes or until tender.
3. Spoon cooked pasta into 4 individual greased ramekins, spoon over capsicum mixture and John West Tuna.
4. Pour over pasta sauce spreading evenly and sprinkle with cheese. Bake in a preheated oven at 180°C for 15 minutes or until golden.



Tip: Add pitted olives and some lemon zest in step 3 for extra flavour.

Salmon Wild Rice Bowl

John West Salmon Tempters – Olive Oil Blend

Prep: 10 mins • Cook: 2 mins • Serves: 2



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
½ bunch 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 with fresh chilli (optional).



Tip: Edamame beans can be found in supermarkets frozen or canned.

Golden Salmon Patties

John West Chunk Style Salmon in Spring Water

Prep: 20 mins • Extra time 30 mins • Cook: 5 mins • Serves: 2



Ingredients

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| 1 large (300g) potato | 1 dill cucumber, finely chopped |
| 130g can John West | ¼ cup grated tasty cheese |
| Chunk Style Salmon in Spring Water , | ½ cup flour |
| drained | 1 egg, lightly beaten |
| 125g can Edgell Red Kidney Beans, | ¾ cup panko breadcrumbs |
| drained | Oil, for cooking |
| 2 teaspoons chopped fresh dill | Steamed asparagus, for serving |
| ½ teaspoon finely grated lemon zest | Toasted pine nuts, for sprinkling |

Preparation

1. Pierce potato skin well then cook whole potato in a microwave oven on HIGH for 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, red kidney Beans, dill, lemon zest, dill cucumber and cheese and stir to combine. Form into 2 patties (or 4 smaller patties). Chill for 30 minutes.
3. Coat patties in flour, shaking off excess. Dip in egg and coat in panko crumbs. Refrigerate for 30 minutes.
4. Heat oil in a frypan and cook patties on both sides until golden. Drain on absorbent paper. Serve with asparagus, sprinkled with pine nuts



Tip: Use dried ¼ teaspoon dill or mint instead of fresh, canned salmon can be replaced with canned tuna, panko breadcrumbs can be switched with plain breadcrumbs.

Tuna & Rocket Pizza

John West Deli Tuna – Extra Virgin Olive Oil Blend & Pink Salt

Prep: 15 mins • Cook: 15 mins • Makes 1



Ingredients

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| 1 pre-prepared pizza base | ½ small red onion, thinly sliced |
| ¼ cup Leggo's Tomato Passata | ½ cup rocket |
| ¾ cup grated pizza or mozzarella cheese | |
| 90g can John West Deli Tuna – Extra Virgin Olive Oil Blend & Pink Salt, drained and oil reserved | |
| 5 pitted green olives, halved | |

Preparation

1. Spread pizza base with passata and top with ½ cup of cheese.
2. Top with John West Deli Tuna, olives and onion. Sprinkle with remaining cheese.
3. Bake in a preheated oven at 200°C for 10-15 minutes or until cheese is golden and bubbling.
4. Top with rocket and drizzle with remaining reserved tuna oil before serving.



Tip: Use any of the John West Deli Tuna range in this recipe.

Salmon Mac 'N' Cheese

John West Pink Salmon

Prep: 5 mins • Cook: 30 mins • Serves: 4

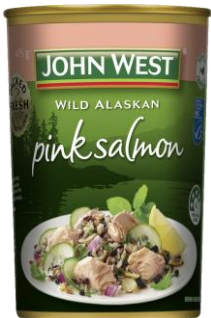


Ingredients

- 250g macaroni pasta
- 490g jar Leggo's Carbonara Pasta Sauce
- 420g can Edgell Corn Kernels, drained
- 415g can **John West Pink Salmon**, drained, bones removed and flaked
- ½ cup shredded parmesan cheese
- ½ cup fresh breadcrumbs

Preparation

1. Cook macaroni in a saucepan of boiling salted water until al dente. Drain, reserving ½ cup pasta cooking water and return pasta to saucepan.
2. Stir through pasta sauce, reserved water, corn kernels and John West Pink Salmon. Season to taste. Spoon into a square 24cm x 24cm baking dish.
3. Sprinkle with combined parmesan and breadcrumbs. Bake in a preheated oven at 200°C for 20-25 minutes or until golden brown.



Tip: For an extra cheesy mac 'n' cheese, mix ½ a cup of tasty cheese with combined parmesan and breadcrumbs in step 3 before baking.

MACKEREL PUTTANESCA

John West Mackerel Fillets in Olive Oil Blend

Prep: 15 mins • Cook: 20 mins • Serves: 2



Ingredients

200g linguini
125g can **John West Mackerel Fillets in Olive Oil Blend**, drained and oil reserved
1 small onion, diced
2 cloves garlic, crushed

2 tomatoes, chopped
⅓ cup pitted black olives
2 tablespoons baby capers
½ teaspoon dried chilli flakes
1 tablespoon chopped fresh parsley
Parmesan cheese, for serving

Preparation

1. Cook pasta following packet directions. Drain and reserve ½ cup pasta cooking water.
2. Meanwhile, as pasta is cooking, heat reserved oil from mackerel in a non stick frypan over medium-high heat. Add onion and garlic, sauté for 3-4 minutes or until translucent. Add tomato, olives, capers and chilli. Simmer for 4-5 minutes or until tomatoes have broken down slightly.

Add a little pasta cooking water to loosen sauce, if desired. Season to taste.

3. Add pasta to frypan and toss to combine. Gently stir in John West Mackerel and parsley. Spoon into serving bowls and serve with parmesan cheese.



Tip: Eating mackerel has numerous health benefits including improving skin and hair health, boosting the immune system and lowering cholesterol.



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