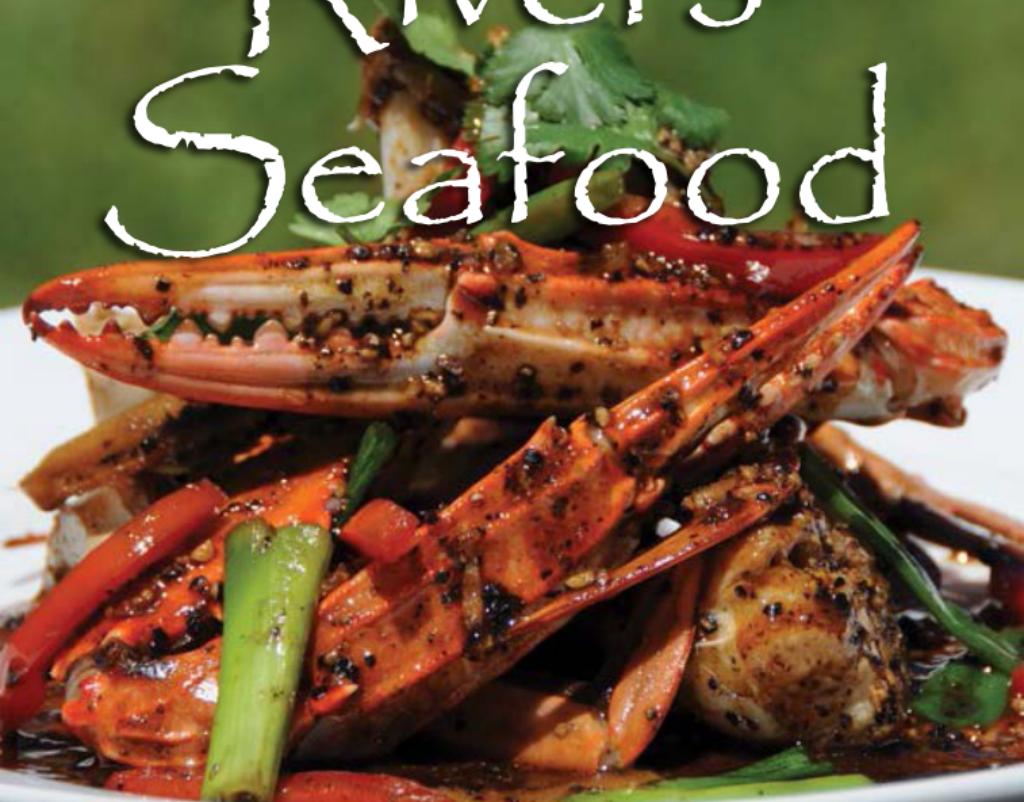


Northern Rivers Seafood



Recipe Book

Blue Swimmer Crab with Black Pepper



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Blue Swimmer Crab with Black Pepper

Serves 4

- 4 green Blue Swimmer Crabs
- 4 garlic cloves, finely chopped
- 1 piece of ginger, peeled and sliced
- 1 red capsicum, deseeded and cut into strips
- 4 shallots, cut into 3cm pieces
- 4 tablespoons freshly ground black pepper
- 2 tablespoons oyster sauce
- 1 tablespoon soy sauce
- 2 tablespoons sugar
- ½ cup water
- 3 tablespoons vegetable oil
- Coriander leaves

- Prepare crabs by removing the hard top shell, soft internal organs and feathery gills.
- Using a heavy knife cut bodies into quarters.
- Heat vegetable oil in a large pan or wok, add crabs and stir-fry for 3-4 minutes.
- Add garlic, and ginger, and continue stir-frying for 1-2 minutes.
- Add capsicum, shallots, black pepper, oyster sauce, soy sauce, sugar and water, and mix well.
- Cover with foil or lid and simmer for 5-8 minutes, mixing occasionally until crab is cooked.
- Garnish with coriander leaves and serve with rice.



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Warm Prawn Salad



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Warm Prawn Salad

- 1 kg whole medium green prawns, peeled and de-veined
- 1 red chilli
- 2 garlic cloves
- 1 tablespoon chopped parsley
- Salt and black pepper to taste

Salad

- 1 red onion
- 2 lebanese cucumbers
- 1 red capsicum
- 2 punnets cherry tomatoes
- 1 lettuce
- Extra virgin olive oil
- White wine vinegar

- Finely chop garlic and chilli, and set aside.
- Chop red onion, cucumber, capsicum, cherry tomatoes, and lettuce and combine in a bowl.
- Add olive oil and vinegar, and mix through salad.
- Cook prawns in a medium-hot fry pan for 1-2 minutes then add garlic, chilli and salt and pepper to taste.
- Continue to cook prawns for 2-3 minutes until just cooked then add parsley and mix through.
- Add cooked prawns to salad and serve with crusty bread.

Serves 4



Vietnamese Prawn Noodle Salad



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Vietnamese Prawn Noodle Salad

Serves 4

- 700-800 grams cooked medium prawns, peeled and deveined
- 1 packet thin rice noodles
- 1 cucumber, deseeded and cut to matchsticks
- 1 carrot, cut into matchsticks
- 1 cup bean sprouts
- ½ cup basil, chopped
- ½ cup coriander, chopped
- 3 tablespoons roasted peanuts, chopped

Dressing

- 2 tablespoons fish sauce
- 4 tablespoons lime juice
- 1 tablespoon caster sugar or brown sugar
- 1 red chilli, deseeded and finely sliced
- 1 small garlic clove finely chopped

- Cook rice noodles as directed on packet, drain well and place in a large bowl to cool.
- Combine fish sauce, lime juice, sugar, chilli and garlic in a bowl, and mix well.
- Add prawns, cucumber, carrot, bean sprouts, basil, coriander and dressing to noodles, and mix well.
- Garnish with peanuts and serve.



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Tuna Nicoise Salad



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Tuna Nicoise Salad

Serves 4

- 4 tuna portions
- 1 large butter lettuce, trimmed and washed
- 400 g green beans, trimmed
- 12 chat potatoes, sliced
- 1 punnet of cherry tomatoes, cut in half
- 4 eggs, hard boiled and quartered

- ½ cup of kalamata olives
- 2 tablespoons capers

Dressing

- 6 tablespoons olive oil
- 2 tablespoons lemon juice
- 2 teaspoons dijon mustard
- ¼ cup basil, chopped finely
- Salt and pepper to taste

- Cook potatoes in salted water until just cooked, drain and allow to cool, then cut into slices.
- Cook eggs for 10 minutes, allow to cool, shell and quarter.
- Cook beans in salted water for 2-3 minutes until just cooked. Drain and refresh under running cold tap water.
- Mix together olive oil, lemon juice, dijon mustard and chopped basil. Season with salt and pepper.
- Cook tuna on a medium to high heat to your liking.
- Place lettuce leaves in the base of four bowls, and top with beans, potatoes, tomatoes, eggs, olives and capers. Place tuna on top of the salad and drizzle with dressing.

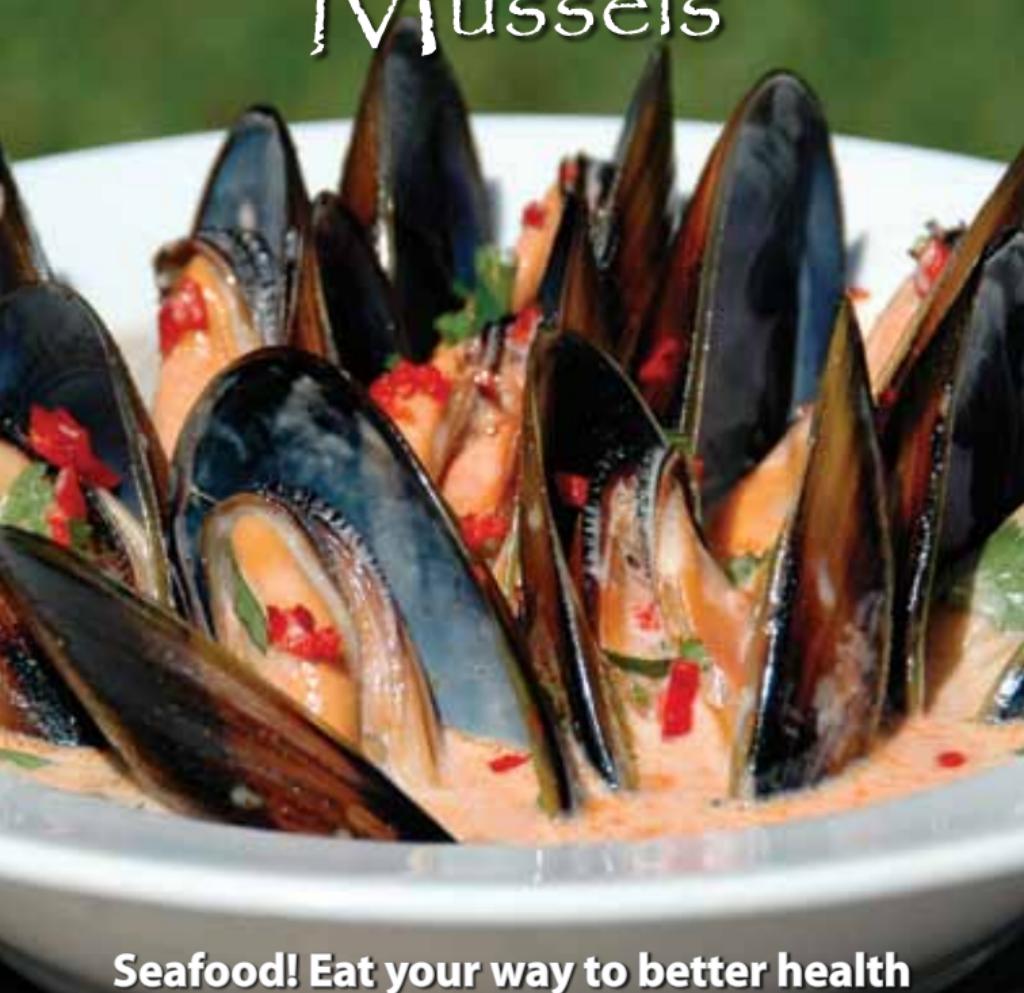


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Thai Style Mussels



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Thai Style Mussels

- 2kg Blue Mussels, scrubbed and bearded
- 1 medium onion, finely chopped
- 3 garlic cloves, crushed
- 2 tablespoons red curry paste
- 2 tablespoons fish sauce or oyster sauce
- 1 tablespoon brown sugar
- 400ml can coconut milk
- ½ cup coriander leaves or basil leaves
- 1 fresh red chilli, finely chopped

- Heat vegetable oil in a large pan, add onion and garlic, and cook on medium heat for 1-2 minutes to soften. Add curry paste and fry for ½ minute to release flavour.
- Add coconut milk, brown sugar, fish sauce, and stir well. Add mussels and bring to the boil.
- Cook mussels for 2-3 minutes until open.
- Sprinkle mussels with chillies and coriander, and serve with steamed rice.



Thai Squid Salad



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Thai Squid Salad

- 800 grams squid or calamari
- Mixed salad leaves
- 1 punnet cherry tomatoes
- 2 Lebanese cucumbers, sliced
- 1 small red onion, finely sliced
- 1 cup of coriander leaves
- 2-3 garlic cloves, finely diced
- 2 teaspoons minced ginger
- 2 tablespoons vegetable oil

Dressing

- 4 tablespoons lime juice
- 2 tablespoons fish sauce
- 2-3 teaspoons palm sugar
(alternately use caster sugar)
- 1-2 long red chilli, finely sliced

Serves 4

- Clean squid, lightly score inner surface and cut into pieces (alternately cut into rings).
- Mix garlic, ginger, and oil in a bowl. Add squid and marinate for 10 minutes.
- Combine lime juice, fish sauce, palm sugar and chilli in a bowl and set aside.
- Cook squid in a very hot fry pan for 2-3 minutes until just cooked. Set aside and allow to cool slightly.
- Combine squid, salad leaves, cherry tomatoes, cucumber, red onion, coriander in a bowl. Drizzle over dressing, toss well and serve.



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Thai Fish Cakes



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Thai Fish Cakes

Serves 4

- 600g boneless firm white fish (e.g. redfish, whiting, flathead, mirror dory, ling etc.)
- 2-3 teaspoons red curry paste
- 10 green beans, trimmed and finely chopped
- 1 red chilli, finely chopped (optional)
- ½ cup coriander, chopped
- 2-3 shallots, finely sliced
- 1 tablespoon Thai fish sauce
- 1 egg, lightly beaten
- Oil for frying
- Sweet chilli sauce and 2 limes cut into wedges

- Cut fish into chunks and process in a food processor until almost smooth.
- In a bowl combine fish, curry paste, beans, chilli, coriander, shallots, fish sauce and egg, and mix well.
- Using wet hands shape mixture into patties. Refrigerate for 30 minutes.
- Cook fish cakes in a medium hot fry pan for 2-3 minutes on each side.
- Drain fish cakes on paper towel and serve while warm with sweet chilli sauce and lime wedges.



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Tandoori Prawn Salad



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Tandoori Prawn Salad

Serves 4

- 1 kg whole medium green prawns, peeled and de-veined
- 3-4 tablespoons tandoori paste
- 200 g natural yogurt

Dressing

- 200 g natural yogurt
- 1 tablespoon chopped fresh coriander leaves
- 1 teaspoon ground cumin
- 1 tablespoon lemon juice

Salad

- 2 lebanese cucumbers
- 1 punnet of cherry tomatoes
- 1 lettuce

- Mix tandoori paste and 200 grams of natural yogurt in a bowl and add prawns. Marinate for 10-20 minutes.
- Mix chopped coriander leaves, cumin and lemon juice with remaining yogurt and set aside.
- Cook prawns in a hot fry pan for 3-4 minutes.
- Serve prawns on salad with yogurt dressing.



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Sweet Chilli Octopus



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Sweet Chilli Octopus

Serves 4

- 1kg clean baby octopus
- ½ cup sweet chilli sauce
- ¼ cup tomato sauce
- 1 tablespoon honey
- 2 garlic cloves, finely chopped
- Vegetable oil
- Lime or lemon, cut into wedges

- Combine sweet chill sauce, tomato sauce, honey and garlic in a bowl and mix well.
- Add octopus to bowl, mix and marinate for at least two hours.
- Cook octopus on a hot fry pan or flat BBQ grill using a small amount of vegetable oil for 3-4 minutes, turning frequently until cooked.
- Allow to cool slightly then serve on a salad with a wedge of lime or lemon.

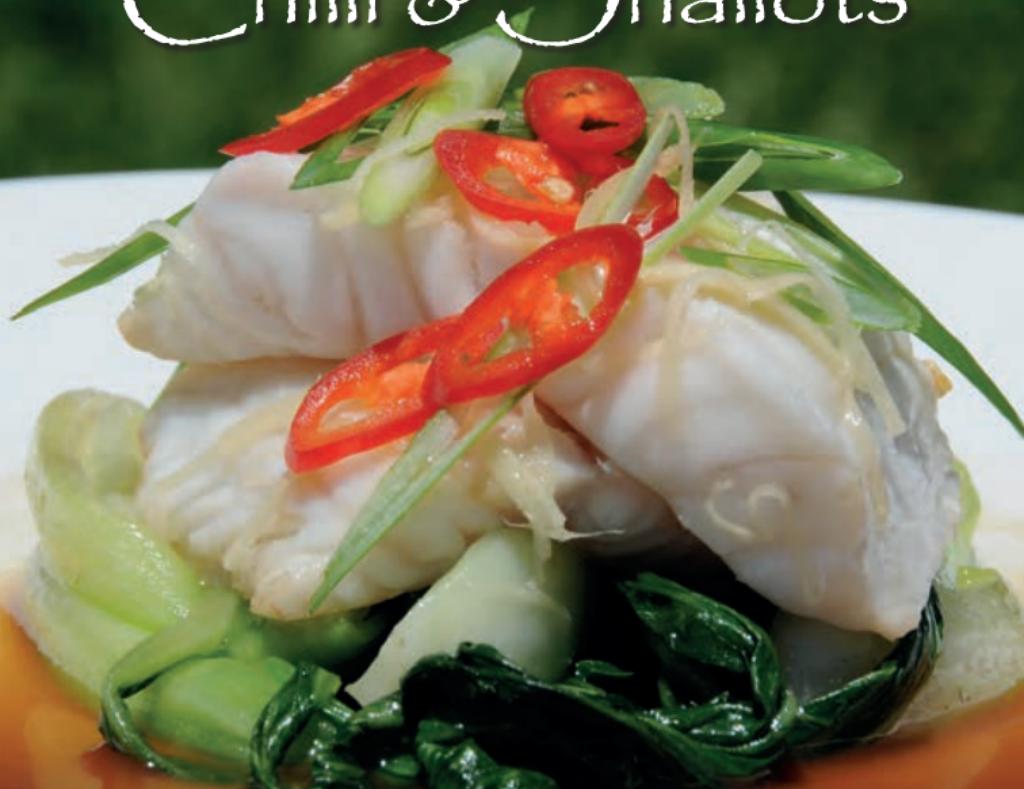


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Steamed Fish with Ginger, Chilli & Shallots



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Steamed Fish with Ginger, Chilli & Shallots

Serves 4

- 4 fish fillet portions (e.g. Ling, Blue-eye Trevalla, Snapper, Barramundi, Coral Trout etc.)
- 5cm piece of ginger, cut into fine matchsticks
- 3-4 shallots, sliced
- 1-2 red chilli, finely sliced
- 4 tablespoons soy sauce
- 3 tablespoons Chinese (Shaoxing) rice wine (alternately use dry sherry)
- 1 teaspoon sesame oil
- 2 bunches bok choy, washed and quartered
- Steamed long grain white rice

- Place fish portions on a plate and top with ginger. Pour soy sauce, Chinese rice wine and sesame oil over fish.
- Place plate in a steamer and steam fish until just cooked. Remove fish from plate and reserve sauce.
- Cook bok choy for 2-3 minutes in a fry pan with some water, drain and set aside.
- Serve fish on bok choy and top with shallots and chilli. Spoon sauce over fish and serve with rice.



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Spanish Style Calamari



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Spanish Style Calamari

Serves 4

- 600g cleaned calamari/squid rings
- 1 medium onion, finely chopped
- 1 large red capsicum, cut into fine strips
- 2-3 garlic cloves, crushed
- 1 punnet cherry tomatoes, halved
- 1 tablespoon paprika
- 2 tablespoons lemon juice
- ½ cup parsley, finely chopped
- 3 tablespoons olive oil
- Salt and pepper

- Heat olive oil in a large frying pan, add onion and garlic, and cook for 2-3 minutes on a medium heat.
- Turn heat to high, add capsicum and tomatoes, and cook for another 2-3 minutes.
- Add calamari and paprika, and cook on high for a further 2-3 minutes.
- Add lemon juice, parsley, and salt and pepper to taste.
- Serve with salad and crusty bread.



Spaghetti alle Vongole



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Spaghetti alle Vongole

Serves 4

- 1 kg vongole
(alternatively use clams or cockles)
- 1 packet spaghetti
- 4 garlic cloves, finely chopped
- 1-2 red chillies, finely chopped
- ½ punnet cherry tomatoes, cut in half
- ½ cup fresh chopped continental/flat leaf parsley
- ¼-½ cup of white wine
- 4 tablespoons olive oil

- Boil a large pot of salted water and cook pasta (check packet for cooking times).
- Heat olive oil in a fry pan on medium heat, add garlic and chilli and cook for 1 minute on a medium heat.
- Add vongole, white wine and tomatoes and cook on a high heat until vongole open.
- Add parsley and drained cooked spaghetti, mix through to combine, and serve.



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Seared Scallop Salad with Lime Dressing



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Seared Scallop Salad with Lime Dressing

- 24 scallops, (roe on or off)
- 1 avocado, sliced
- 2 oranges, peeled and segmented
- 1 small Spanish (red) onion, finely diced
- 1 packet baby spinach

Lime Dressing

- 4 tablespoons olive oil
- 1-2 limes, juice and zest
- $\frac{1}{2}$ -1 teaspoon palm sugar or white sugar

- Heat fry pan on a high heat, brush scallops with oil and cook for 30 seconds to 1 minute each side until just cooked.
- Combine olive oil, lime juice and zest and sugar, and mix well.
- Place avocado, orange segments, onion and spinach in a bowl with half of the lime dressing, mix and place on plates.
- Place scallops on top of salad and drizzle with remaining lime dressing.

Serves 4



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Seafood Marinara



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Seafood Marinara

- 700g fresh seafood or marinara mix
- 1 onion, finely chopped
- 2-3 cloves of garlic, finely chopped
- 425g can crushed tomatoes
- $\frac{1}{2}$ cup of white wine
- 2 tablespoons chopped fresh parsley
- 400g spaghetti
- 3 tablespoons olive oil

- Heat olive oil in a pan, add onion and garlic and cook for 2-3 minutes on a medium heat.
- Add tomato and white wine and simmer for 20 minutes.
- Stir in seafood and cook for 6-8 minutes until seafood is just cooked.
- Add cooked and drained spaghetti (check packet of cooking times).
- Sprinkle with parsley, mix well and serve with parmesan cheese.



Seafood Laksa



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Seafood Laksa

Serves 4

- 600 g fresh seafood or marinara mix
- 3 garlic cloves, crushed
- 1 medium onion, finely chopped
- 4 tablespoons laksa paste
- 400 ml can coconut milk
- 2 cups chicken stock
- 250 g rice noodles
- ½ cup coriander leaves
- 2 tablespoons vegetable oil

- Cook rice noodles in boiling water for 1 minute, drain and set aside.
- Heat oil in a saucepan, add onion, garlic and laksa paste, and cook for 2-3 minutes on a medium heat.
- Add stock and coconut milk, bring to the boil and add seafood. Simmer for 4-5 minutes until just cooked.
- Place rice noodles in bowl and spoon over seafood and soup. Sprinkle with coriander.



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Seafood Fried Rice



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Seafood Fried Rice

Serves 4

- 600g fresh seafood or marinara mix
- 2 cups (500gms) long grain rice
- 3-4 eggs, lightly beaten
- 1 medium to large head of broccoli cut into small pieces (or 2 broccolini bunches)
- 6 shallots, finely sliced
- 2-3 tablespoons soy sauce
- 1 teaspoon sesame oil
- Vegetable oil
- Salt and pepper to taste

- Boil or steam rice as directed on packet and set aside.
- Cook eggs in a medium hot fry pan. Break up egg as it cooks and then set aside.
- Cook seafood in a hot frying pan until just cooked (2-3 minutes) then set aside.
- Cook broccoli in fry pan for 1-2 minutes on a medium heat.
- Add cooked rice, egg and seafood to fry pan and cook on a medium heat for 1-2 minutes while mixing.
- Add soy sauce, sesame oil, shallots and salt and pepper to taste, mix and serve.



Scallops with Spaghetti, Chives and Capers



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Scallops with Spaghetti, Chives & Capers

Serves 4

- 500 grams scallop meat
- 3-4 garlic cloves, finely chopped
- 1-2 red chilli, chopped (optional)
- 2 tablespoons capers
- 1 bunch of chives, finely chopped
- 60 grams rocket leaves
- ½ cup white wine
- 1 packet spaghetti
- Olive oil
- Salt and pepper to taste

- Boil a large pot of salted water and cook pasta (check packet for cooking time).
- Heat fry pan on a high heat and cook scallops in batches with a drizzle of oil for 30 seconds to 1 minute each side (do not over cook), remove and set aside.
- Add white wine to the same pan the scallops were cooked, and deglaze.
- Add oil, garlic, capers and chilli, and cook for 1-2 minutes.
- Return scallops to pan and add spaghetti, chives and rocket, stir through and serve.



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Salt & Pepper Calamari



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Salt & Pepper Calamari

Serves 4

- 1 kg cleaned calamari/squid tubes or rings
- 1 cup cornflour (or plain flour)
- 1 tablespoon salt
- 1 tablespoon white pepper
- $\frac{1}{2}$ teaspoon chili powder
- 1 teaspoon of caster sugar
- Pinch cinnamon and Chinese five spice (optional)

- Score inner surface of calamari and cut into pieces about 3cm x 6cm (alternatively use calamari rings).
- Combine dry ingredients in a bowl and mix well.
- Add calamari to mix and coat.
- Shake off excess mix and deep-fry in vegetable oil (180°C) for 1-2 minutes.
- Drain calamari on paper towel and serve immediately.
- Serve with sweet chilli dipping sauce.



Prawns Puttanesca



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Prawns Puttanesca

Serves 4

- 700-800 grams whole medium green prawns, peeled and deveined
- 1 packet spaghetti
- 3 garlic cloves, finely chopped
- 4 medium tomatoes, diced
- 4 anchovies, drained and chopped (optional)
- ½ cup kalamata olives
- 2 tablespoons capers
- 3 tablespoons chopped fresh parsley
- 4 tablespoons olive oil

- Boil a large pot of salted water and cook pasta (check packet for cooking times).
- Heat olive oil in a fry pan on medium heat, add garlic and cook for 1 minute.
- Add tomatoes, anchovies, olives and capers, and simmer for 5 minutes.
- Add prawns, and simmer for 2-3 minutes until prawns are just cooked.
- Add parsley and cooked spaghetti, mix through to combine, and serve.



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Prawns & Pasta with Cream Sauce & Basil



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Prawns & Pasta with Cream Sauce & Basil

- 1 kg whole medium green prawns, peeled and deveined
- 2-3 garlic cloves, crushed
- 6-8 semi sundried tomatoes, chopped
- 1 cup cream
- 1 cup basil leaves
- $\frac{1}{2}$ cup white wine
- 1 packet pasta
- Olive oil
- Parmesan cheese, grated
- Salt and pepper

Serves 4

- Boil a large pot of salted water and cook pasta (check packet for cooking time).
- Heat olive oil in a large pan, add prawns and garlic, and cook for 2-3 minutes on a medium heat until just cooked, remove and set aside.
- Add white wine and tomatoes to the pan, cook for 1-2 minutes until wine has reduced. Add cream, and simmer for 3-5 minutes.
- Return prawns to sauce, add cooked pasta and basil leaves, and stir through. Add salt and pepper to taste.
- Serve with salad and parmesan cheese.



Prawn Sang Choy Bow



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Prawn Sang Choy Bow

Serves 4

- 1 kg whole green prawns, peeled, de-veined and finely chopped
- 2 iceberg lettuce
- 1 small can bamboo shoots, finely chopped
- 8 shallots, finely chopped
- 8 mushrooms, finely chopped
- 4 garlic cloves, finely chopped
- 2 teaspoons sesame oil
- 4 tablespoons oyster sauce
- 1/2 cup chicken stock
- 2 teaspoons cornflour, mixed with 1 tablespoon water
- 1-2 red chilies, sliced
- Sesame seeds
- 2 tablespoons of vegetable oil

- Cut off base of lettuce and remove individual leaves. Wash, dry and trim lettuce leaves into cup shape. Refrigerate until ready to serve.
- Heat vegetable oil in a fry pan. Add bamboo shoots, shallots, mushrooms and garlic and stir fry for 2 minutes. Add prawn meat and cook for 2-3 minutes until just cooked.
- Add chicken stock, oyster sauce, sesame oil and cornflour mix and stir.
- Serve prawn mixture in lettuce leaves, and top with chili and sesame seeds.



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Prawn Caesar Salad



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Prawn Caesar Salad

Serves 4

- 24 cooked medium prawns, peeled and deveined
- 1 large cos lettuce, washed, dried and torn
- 4 hard boiled eggs, quartered
- 4 rindless bacon rashes, chopped
- Crusty bread, cut into cubes
- Parmesan cheese, shaved

Dressing (alternatively purchase ready made dressing from your supermarket)

- 6 tablespoons olive oil
- 2 tablespoons lemon juice
- 2 teaspoons dijon mustard
- 2-4 anchovy fillets, finely chopped
- 1/2 garlic clove, chopped or grated finely
- 1/2 cup of cream
- Salt and pepper to taste

- Fry bacon until crispy.
- Fry bread until golden brown.
- Place olive oil, lemon juice, dijon mustard, anchovies and garlic in a bowl and whisk in cream. Season with salt and pepper.
- Place lettuce leaves in the base of four bowls, and top with eggs, bacon, croutons of bread and parmesan cheese. Drizzle salad with dressing and top with prawns.



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Octopus Salad



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Octopus Salad

- 1kg clean baby octopus

Marinade

- 2 crushed garlic cloves
- 1 tablespoon dried oregano
- Salt and pepper to season
- ½ cup olive oil
- 2 tablespoons lemon juice
- 2 tablespoons red wine vinegar

Serves 4

- Place octopus into a bowl with marinade and refrigerate for 2-4 hours or overnight.
- Drain octopus and cook on a hot fry pan or flat BBQ grill for 3-4 minutes, turning frequently.
- Allow to cool slightly then serve on a salad with crusty bread.

(If using medium and larger octopus place into a saucepan and cover with equal quantities of red wine and olive oil and simmer for 30–45 minutes until tender then drain and marinate for 1 hour.)

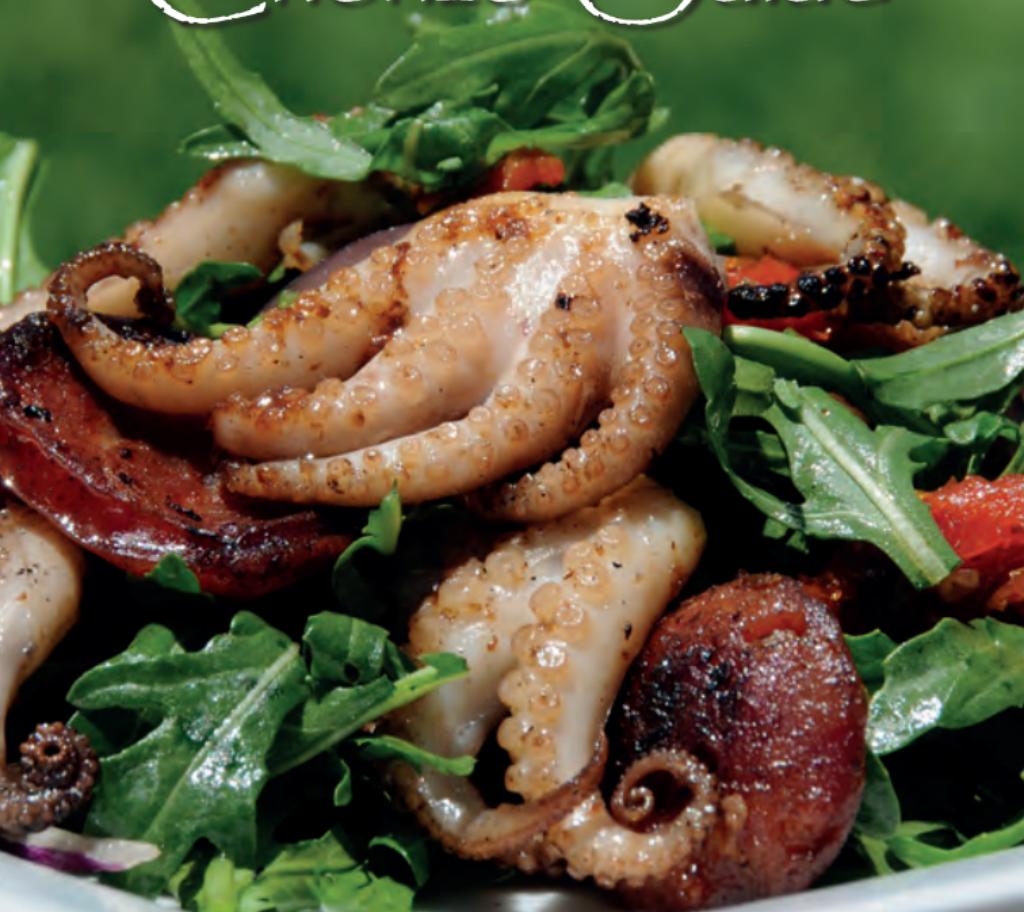


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Octopus & Chorizo Salad



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Octopus & Chorizo Salad

Serves 4

- 800 grams baby octopus, cleaned
- 2 chorizo sausage, sliced
- 180 grams rocket leaves
- 1 small red onion, finely sliced
- ½ cup semi sundried tomatoes, sliced
- 2-3 garlic cloves, finely diced
- 3 tablespoons olive oil
- 2 lemons

- Combine octopus with juice of one lemon, olive oil and garlic in a bowl, and marinate 1-2 hours or overnight.
- Cook chorizo on a hot BBQ grill or hot fry pan until golden brown. Remove from heat and drain on paper towel.
- Cook octopus on a hot BBQ grill or hot fry pan for 3-4 minutes until cooked. Remove from heat and allow to rest for a 5 minutes.
- Combine rocket, red onion, semi sundried tomato, chorizo and octopus in a bowl. Drizzle with extra olive oil and lemon juice, mix and serve.



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Mussels with Tomato and White Wine



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Mussels with Tomato and White Wine

Serves 4

- 2kg Blue Mussels, scrubbed and de-bearded
- 1 medium onion, finely chopped
- 3-4 garlic cloves, finely chopped
- 400g tinned diced tomatoes
- $\frac{1}{2}$ cup white wine
- 2 tablespoons chopped fresh parsley
- 3 tablespoons olive oil
- $\frac{1}{2}$ cup water
- Salt and Pepper to taste

- Heat olive oil in a large pan, add onion and garlic, and cook for 2 minutes on a medium heat to soften.
- Add tomato and white wine, and simmer for 10 minutes.
- Boil water in large saucepan, add mussels and cover for 2-3 minutes. Remove mussels with tongs as they open and set aside.
- Add cooked mussels to sauce, salt and pepper to taste, sprinkle with parsley and mix well. Serve with crusty bread and salad.

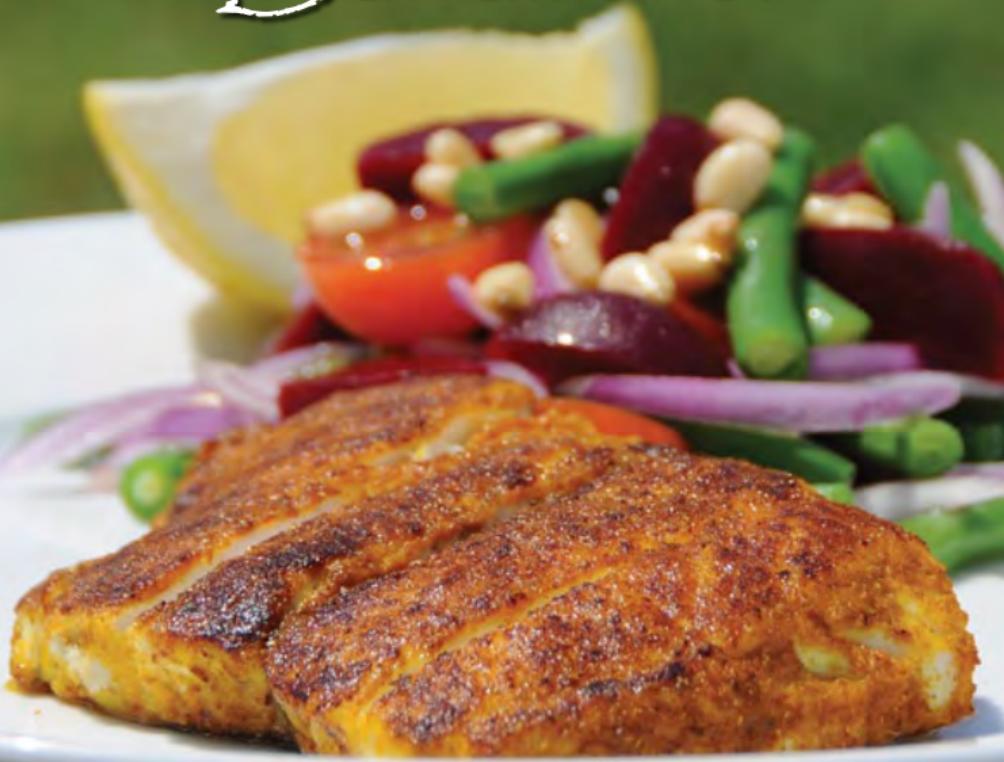


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Moroccan Spiced Australian Barramundi



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Moroccan Spiced Australian Barramundi

Serves 4

- 4 Australian Barramundi portions
- Olive oil
- Lemon, cut into wedges

Spice rub

- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon paprika
- 1 teaspoon turmeric powder
- 1 teaspoon salt

Salad

- 300 grams green beans
- 1 small can of baby beetroots, cut into quarters
- 250 grams cherry tomatoes, cut in half
- 1 small red onion, finely sliced
- 3 tablespoons pine nuts, toasted
- 2 tablespoons vinegar or lemon juice
- 3 tablespoons olive oil

- Trim beans and par-boil for 1 minute, rinse under cold water to cool, and then drain.
- Combine beans, baby beetroot, tomatoes, onion, pine nuts, vinegar and oil in a bowl. Toss gently and set aside.
- Combine cumin, coriander, paprika, turmeric and salt in a bowl, and coat fish.
- Pan fry fish fillets in olive oil on a medium high heat for 2-3 minutes each side, until just cooked.
- Serve fish with salad and a wedge of lemon.



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Moroccan Fish Kebabs & Couscous Salad



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Moroccan Fish Kebabs & Couscous Salad

- 700g of white fish fillets cut into cubes (e.g. Ling, Blue-eye Trevalla, Snapper, Kingfish, Mulloway/Jewfish, Flathead, Barramundi etc.)
- 8 Bamboo skewers (soaked in cold water)

Fish Marinade

- 375g can crushed tomatoes or passata
- 1 teaspoon ground cumin
- 2 teaspoons paprika
- 1 teaspoon curry powder
- 2 garlic cloves finely chopped
- 2 tablespoons lime juice

Couscous Salad

- 1 ½ cups of Couscous
- 100g Rocket and ½ bunch Parsley
- 1 cup of green olives
- 3 tablespoons of pine nuts, roasted
- 3 tablespoons of sultanas
- 2 tablespoons olive oil
- 2 tablespoons of lemon juice

Serves 4

- Cut fish into pieces and thread onto skewers. Combine marinade ingredients and coat skewers.
- Cook couscous as per instructions on packet and allow to cool.
- Combine the rest of salad ingredient in a bowl, add couscous and mix.
- Place skewers into a medium hot fry pan or flat BBQ grill and cook for 2-3 minutes each side. Serve with couscous salad.



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Mediterranean Tomato Fish Soup



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Mediterranean Tomato Fish Soup

Serves 4

- 600 g fish fillets (e.g. Salmon, Tuna, Ling, Blue-eye Trevalla, Snapper, Kingfish, Mulloway, Flathead, Barramundi etc.)
- 1 medium onion, finely chopped
- 2-3 garlic cloves, crushed
- 1 teaspoon of dried oregano
- 4 cups tomato passata (or crushed tomatoes)
- 2 cups fish or chicken stock
- ½ cup white wine
- 3 tablespoons olive oil
- 2 tablespoons chopped fresh parsley
- Parmesan cheese
- Salt and pepper to taste

- Heat olive oil in a pan, add onion, garlic, and cook for 2-3 minutes on a medium heat.
- Add white wine, tomato passata, stock, oregano, and simmer for 20 minutes.
- Stir in fish and cook for 6-8 minutes until seafood is just cooked.
- Serve in bowls, sprinkle with parsley and parmesan cheese. Serve with crusty bread.



Lemon & Chinese Five Spice Fish Kebabs



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Lemon & Chinese Five Spice Fish Kebabs

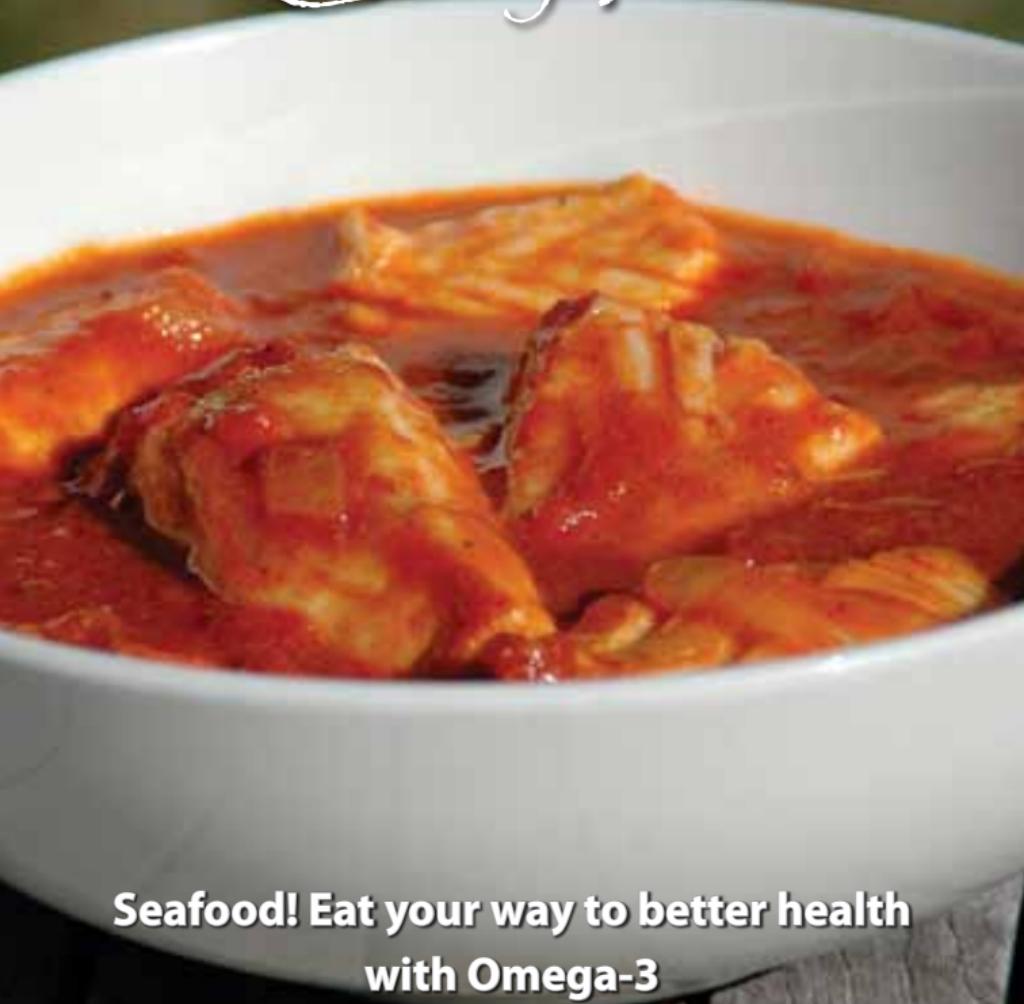
- 750 g of white fish fillets
(e.g. Flathead, Ling, Blue-eye Trevalla, Snapper, Jewfish, Kingfish)
- 2 lemons
- Chinese five spice (available in supermarket spice section)
- Salt and pepper to season
- 12 Bamboo skewers

Serves 4

- Cut fish fillet into pieces and thread onto skewers.
- Lightly sprinkle Chinese five spice over skewers then season with salt and pepper.
- Place skewers into a medium hot fry pan or on a flat BBQ plate and cook for 1–2 minutes each side.
- Squeeze lemon juice over skewers while cooking.
- Serve with lemon wedges and salad.



Indian Style Curry Fish



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Indian Style Curry Fish

Serves 4

- 700g or 4 portions white fish fillets cut into cubes (e.g. Ling, Blue-eye Trevalla, Snapper, Kingfish, Mulloway, Flathead, Barramundi etc.)
- 1 medium onion, finely chopped
- 3 garlic cloves, crushed
- 2 tablespoons madras curry paste
- 400g can diced tomatoes
- 1 cup chicken or fish stock

- Heat vegetable oil in a large pan, add onion and garlic, and cook on medium heat for 1-2 minutes to soften. Add curry paste and fry for $\frac{1}{2}$ minute to release flavour.
- Add tomatoes, stock and fish. Simmer for 5-8 minutes until fish is cooked.
- Serve with steamed rice and naan bread.



Grilled Split Garlic Prawns



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Grilled Split Garlic Prawns

Serves 4

- 20-24 medium-large whole green prawns
- 4 garlic cloves, finely chopped
- ½ cup fresh chopped continental/flat leaf parsley
- 4 tablespoons olive oil
- Salt and pepper to taste
- 1 lemon, cut in wedges

- Remove prawn heads, cut off legs, and then split the prawns with a sharp knife along the underside and open up.
- Combine olive oil, garlic, parsley, salt and pepper, and mix well. Add prawns and coat well.
- Place prawns under a hot grill for 2-3 minutes until just cooked.
- Serve with salad and lemon wedges.



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Greek Style Octopus



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Greek Style Octopus

- 1-1.5kg clean medium-large octopus
- 1 cup red wine
- $\frac{1}{2}$ cup red wine vinegar
- Water

Marinade

- $\frac{1}{4}$ cup olive oil
- Juice of a lemon
- 1 tablespoon dried oregano
- Black pepper, ground
- Salt, to taste

- Place octopus into a saucepan with red wine, red wine vinegar and enough water to cover. Slowly simmer for 1 hour or until tender. Remove saucepan from heat and allow octopus to cool in the liquid, then cut into pieces.
- Mix marinade ingredients in a bowl. Reserve 2-3 tablespoons of cooking liquid from octopus and add to marinade mix. Add octopus to marinade, mix and refrigerate for 1-2 hours or overnight.
- Cook octopus on a hot BBQ grill or hot fry pan for 3-4 minutes, turning frequently.
- Serve with a Greek salad and a wedge of lemon.

Serves 4



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Fish with Tomato Salsa



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Fish with Tomato Salsa

Serves 4

- 4 white fish fillet portions
(e.g. Ling, Blue-eye Trevalla, Snapper, Kingfish, Mulloway, Dory, Flathead, Barramundi etc.)
- Mixed salad leaves

Salsa

- 2-3 tomatoes
- 1 red capsicum
- 1 red chilli (optional)
- $\frac{1}{2}$ red onion
- $\frac{1}{2}$ cup parsley or basil
- 2 tablespoons red wine vinegar
- 3 tablespoons olive oil
- Salt and pepper to taste

- Finely chop tomatoes, capsicum chilli, red onion, garlic and parsley and combine in a bowl with olive oil and vinegar. Add salt and pepper to taste.
- Pan fry or grill fish fillets on a medium-high heat for 3-4 minutes each side.
- Serve fish fillet on salad with salsa.



Fish with Teriyaki Sauce & Bok Choy



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Fish with Teriyaki Sauce & Bok Choy

Serves 4

- 4 portions of white fish fillets (e.g. Ling, Blue-eye Trevalla, Snapper, Kingfish, Mulloway, Dory, Flathead, Barramundi etc.)
- 2 bunches of bok choy
- Boiled or steamed rice

Sauce

- 4 tablespoons teriyaki sauce
- 2 teaspoons white sugar
- 2 teaspoons sesame oil
- 3 tablespoons rice wine or sweet sherry

- Wash bok choy and cut into quarters.
- Mix teriyaki sauce, sugar, sesame oil, rice wine/ sherry in a small bowl.
- Pan fry fish fillets on a medium-high heat for 3-4 minutes each side and set aside.
- Add bok choy to fry pan and cook for 1-2 minute then remove from pan.
- Add sauce mixture to fry pan and cook for another 1-2 minutes on high to reduce slightly.
- Spoon sauce over fish fillet and bok choy and serve with rice.



Fish with Salsa Verde



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Fish with Salsa Verde

Serves 4

- 4 fish fillet portions
(e.g. Ling, Blue-eye Trevalla, Snapper, Kingfish, Mulloway, Flathead, Barramundi etc.)
- Salt and pepper
- Lemon, cut into wedges
- Salad

Salsa Verde

- 1 cup fresh parsley, chopped
- 1 cup fresh basil, chopped
- 1 tablespoon baby capers
- 4 anchovy fillets
- 1 small garlic clove
- 1 tablespoon dijon mustard
- 1 tablespoon lemon juice
- $\frac{1}{2}$ cup olive oil

- Place parsley, basil, capers, anchovy, garlic, dijon mustard, lemon juice, olive oil in a blender and process until smooth.
- Pan fry fish fillets in olive oil on a medium high heat for 2-3 minutes each side, until just cooked.
- Serve fish with salad and a wedge of lemon. Spoon salsa verde over the top of the fish.

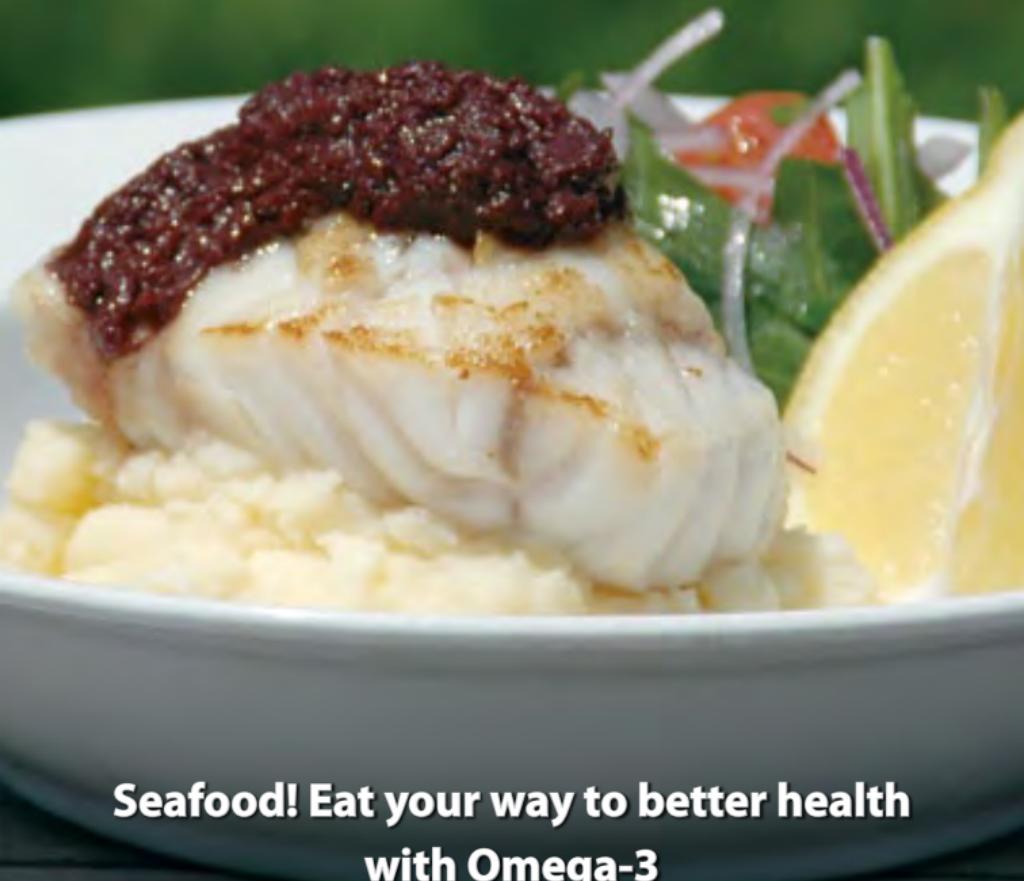


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Fish with Olive Tapenade



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Fish with Olive Tapenade

- 4 fish fillet portions (e.g. Ling, Blue-eye Trevalla, Snapper, Kingfish, Mulloway, Flathead, Barramundi etc.)
- 2 lemons (one cut into wedges)

Olive Tapenade

(alternatively purchase ready made tapenade from your supermarket)

- 20 kalamata olives, pitted
- 1 tablespoon capers
- 3-4 anchovies
- 1 tablespoon lemon juice
- 4 tablespoons olive oil
- Ground black pepper to taste

- Place olives, capers, anchovies, lemon juice, olive oil and black pepper into a food processor and blend to a paste (alternately, finely chop ingredients with a knife or use a mortar and pestle).
- Pan fry fish fillets on a medium high heat for 3-4 minutes each side, until just cooked.
- Serve fish on mashed potato with olive tapenade and a rocket salad.



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Fish with Mango Salsa



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Fish with Mango Salsa

Serves 4

- 4 fish portions (e.g. Salmon, Swordfish, Whiting, Flathead, Blue-eye Trevalla, Mirror Dory, Ling etc.)
- Salt and pepper to taste
- Vegetable oil for cooking

Mango Salsa

- 2 ripe mangos, finely diced
- 1-2 ripe tomato, finely diced
- 1-2 Lebanese cucumber, finely diced
- 1 small red onion, finely diced
- 1 long red chilli, deseeded and finely chopped
- $\frac{1}{3}$ cup of parsley or coriander, finely chopped
- 1 lime, juiced
- Salt and pepper to taste
- 1 tablespoon olive oil

- Combine salsa ingredients in a bowl and mix.
- Pan-fry, BBQ or grill fish fillets, until just cooked.
- Serve fish with salsa.



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Fish with Lime & Black Pepper Sauce



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Fish with Lime & Black Pepper Sauce

Serves 4

- 4 portions of white fish fillets (e.g. Ling, Blue-eye Trevalla, Snapper, Kingfish, Mulloway, Dory, Flathead, Barramundi etc.)
- 1 teaspoon grated lime rind
- 3 tablespoons lime juice (2 limes)
- ½ tablespoon crushed black pepper
- 1 tablespoon sugar
- ½ cup white wine (or sweet sherry)
- Mixed lettuce leaves and orange segments

- Combine grated lime rind, lime juice, crushed black pepper, sugar and white wine and set aside.
- Pan fry fish fillets on a medium-high heat for 3-4 minutes each side then transfer to serving plate.
- Add sauce mix to fry pan and bring to the boil.
- Reduce sauce on high heat for 2-3 minutes then spoon over fish.



Fish with Dill & Lemon Mayonnaise



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Fish with Dill & Lemon Mayonnaise

Serves 4

- 4 fish fillet portions
(e.g. Ling, Blue-eye Trevalla, Snapper, Kingfish, Mulloway, Flathead, Barramundi etc.)
- 1 cup of mayonnaise
- 2 tablespoon of lemon juice
- 1 teaspoon of lemon zest
- 2 tablespoons of dill, finely chopped
- Potatoes
- Asparagus (alternatively – beans or broccolini)
- Salt and pepper

- Mix together in a small bowl mayonnaise, dill, lemon zest and juice. Season with salt and pepper, cover and refrigerate.
- Boil potatoes and asparagus.
- Pan fry fish fillets on a medium high heat for 3-4 minutes each side.
- Add salt and pepper to taste.
- Serve fish with potatoes, asparagus, lemon dill mayonnaise and a wedge of lemon.



Fish with Basil Vinaigrette on Potatoes Fritters



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Fish with Basil Vinaigrette on Potatoes Fritters

Serves 4

- 4 white fish fillet portions (e.g. Ling, Blue-eye Trevalla, Snapper, Kingfish, Mulloway/Jewfish, Flathead, Barramundi etc.)
- 4 large peeled potatoes
- Vegetable oil for cooking
- Green salad leaves
- Salt and black pepper to taste

Basil Vinaigrette

- ½ cup of basil leaves, finely chopped
- ½ clove of garlic, finely chopped
- 2 tablespoons of white wine vinegar or lemon juice
- 4 tablespoons olive oil

- Combine basil, garlic, vinegar and olive oil in a small bowl and set aside.
- Grate potatoes, then immediately place in a clean table cloth and squeeze out as much moisture as possible.
- Shape grated potatoes into small disk shapes and pan fry on medium-high heat until golden brown. Drain on paper towel and set aside.
- Pan fry or grill fish on a medium high heat for 2-3 minutes on each side.
- Serve fish with basil vinaigrette on potato fritters with green salad leaves.



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Crispy Skin Australian Barramundi with Tomato Caper Vinaigrette



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Crispy Skin Australian Barramundi with Tomato Caper Vinaigrette

Serves 4

- 4 Australian Barramundi portions, skin on
- Olive oil
- Salt and pepper
- Lemon, cut into wedges
- Mixed salad leaves

Tomato Caper Vinaigrette

- 2 ripe tomatoes, finely diced
- 2 tablespoons baby capers
- 1 tablespoon chopped fresh parsley
- 2 tablespoons vinegar or lemon juice
- 3 tablespoons olive oil
- Salt and pepper to taste

- Combine tomatoes, capers, parsley, vinegar/lemon juice and olive oil in a bowl. Add salt and pepper, mix and set aside.
- Pat fish dry with paper towel, add a small amount of oil, salt and pepper to the skin side only.
- Using a non-stick fry pan cook fish skin side down on a medium high heat for 5 minutes. Use a spatula to hold fish down for 30 seconds to ensure the skin is in contact with the fry pan.
- Turn fish and continue cooking on a medium heat until just cooked.
- Serve fish with mixed salad leaves and a wedge of lemon. Spoon tomato caper vinaigrette over the top of the fish.



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Crab Linguine with Lemon & Basil



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Crab Linguine with Lemon & Basil

- 3-4 cooked blue swimmer crabs, meat removed (or 300 g cooked crab meat)
- 4 garlic cloves, finely chopped
- 2 tablespoons lemon juice
- 1 tablespoon finely grated lemon zest
- 1 punnet cherry tomatoes
- 1 cup basil, washed
- 4 tablespoons olive oil
- 1 packet linguine
- Salt and pepper

Serves 4

- Boil a large pot of salted water and cook pasta (check packet for cooking time).
- Heat olive oil in a fry pan on medium heat, add garlic and tomatoes, and cook for 2 minutes.
- Add cooked pasta, lemon juice, lemon zest, basil, and crab and mix through to heat. Add salt and pepper to taste, and serve.



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Crab & Avocado Salad



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Crab & Avocado Salad

Serves 4

- 3-4 whole cooked blue swimmer crabs
- Mixed salad leaves
- 2 Avocados, peeled and sliced

Dressing

- 6 tablespoons olive oil
- 2 tablespoons white wine vinegar or lemon juice
- 1 tablespoon whole grain mustard
- Salt and pepper to taste

- Remove meat from crabs and set aside.
- Dressing – combine olive oil, white wine vinegar, whole grain mustard, salt and pepper and mix.
- Place salad leaves, avocados and  mustard dressing in a large bowl.
Add crab meat and mix gently and serve.



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Chilli Salt Prawns with Lime Aioli



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Chilli Salt Prawns with Lime Aioli

Serves 4

- 24 medium-large whole green prawns, peeled and deveined, tails on (alternatively try with fish, calamari or scallops)
- 2 tablespoons rice flour (alternatively use, plain flour or corn flour)
- 2 teaspoons salt
- 1 teaspoon white pepper
- 1 teaspoon chilli powder

- $\frac{1}{4}$ teaspoon Chinese five spice
- Vegetable oil for deep frying

Lime Aioli

- $\frac{3}{4}$ cup of mayonnaise
- 1 small garlic clove, finely chopped/minced
- 1 tablespoon lime juice
- 1 teaspoon of lime zest

- Combine mayonnaise, garlic, lime juice and zest, mix and set aside.
- Heat oil in deep fryer or large sauce pan.
- Combine rice flour, salt, white pepper, chilli powder and Chinese five spice, and mix well. Add prawns and coat well.
- Place prawns in batches into hot oil and cook for 2-3 minutes until just cooked, and drain.
- Serve with lime aioli.



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Chilli Garlic Prawns with Spaghetti



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Chilli Garlic Prawns with Spaghetti

Serves 4

- 1 kg of green prawns (alternatively use fish or marinara mix)
- 1 packet of spaghetti (500 g)
- 3–4 red chillies, de-seeded and finely sliced or 2 teaspoons of dried chili flakes
- 4–6 garlic cloves
- 1 medium to large head of Broccoli (or 2 broccolini bunches)
- 3–4 tablespoons olive oil
- ¼–½ cup white wine
- ½ cup of fresh chopped continental or flat leaf parsley

- Parboil broccoli and set aside.
- Boil a large pot of salted water and add spaghetti (check packet for cooking time).
- Peel and devein prawns.
- Add olive oil, chopped chilli and garlic to a moderately hot fry pan and stir for 1 minute.
- Add prawns and broccoli and stir for 1–2 minutes.
- Add white wine, salt and pepper to season and continue to cook for 2–3 minutes.
- Add parsley and drained pasta to fry pan and mix together.
- Serve immediately with parmesan cheese.



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Calamari Stir-fry with Snow Peas & Ginger



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Calamari Stir-fry with Snow Peas & Ginger

Serves 4

- 1 kg calamari/squid (or 600 g cleaned tubes or rings)
- 8 shallots, cut into 3cm pieces
- 200 g snow peas, topped and tailed
- 2 garlic cloves, finely chopped
- 1 piece of ginger, peeled and cut into slices
- 1 cup chicken stock
- 2 tablespoons oyster sauce
- 1 teaspoons sesame oil
- 3 teaspoons cornflower, mixed with 1 tablespoon water
- 2 tablespoons of vegetable oil

- Clean calamari, lightly score inner surface and cut into pieces (alternatively cut into rings).
- Heat vegetable oil in a fry pan on medium heat, then add snow peas, garlic, ginger and shallots and, stir fry for 2 minutes.
- Add calamari and cook for 2 minutes.
- Add chicken stock, oyster sauce, sesame oil and cornflower mix and cook for 1 minute.
- Serve with rice.



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Calamari & Rocket Salad



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Calamari & Rocket Salad

- 1 kg cleaned calamari/squid tubes or rings

Salad

- 250g baby rocket leaves
- 2 medium tomatoes
- 1 small red onion
- 2 tablespoons roasted pine nuts
- ¼ cup of parmesan shavings
- 1 tablespoons balsamic vinegar
- 2 tablespoons olive oil

Marinade

- 3 cloves of garlic, finely chopped
- 2 tablespoons of finely chopped fresh parsley
- 2 tablespoons olive oil
- Salt and pepper to taste

- Score inner surface of calamari and cut into pieces about 3cm x 6cm (alternatively use calamari rings).
- Mix garlic, parsley, oil, salt and pepper in a bowl. Add calamari and marinate for 10 minutes.
- Pan fry calamari in a very hot fry pan for 2-3 minutes and set aside.
- Combine remaining ingredients in a bowl with calamari, toss gently and serve.

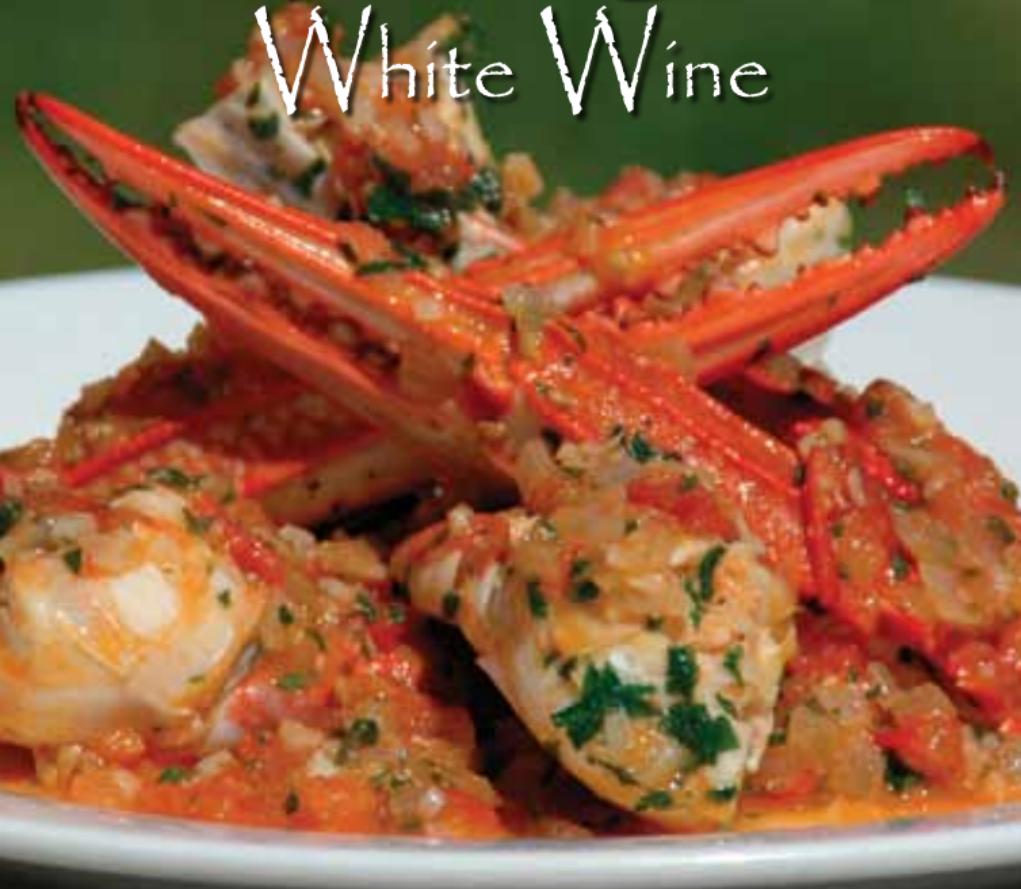
Serves 4



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Blue Swimmer Crab with Tomato, Garlic & White Wine



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Blue Swimmer Crab with Tomato, Garlic & White Wine

- 4 green Blue Swimmer Crabs
- 4 garlic cloves, finely chopped
- 1 medium onion, finely chopped
- 1-3 fresh red chilli, finely chopped (optional)
- 400g can diced tomatoes
- 1 cup of white wine
- 2 tablespoons chopped parsley
- 3 tablespoons lemon juice
- 3 tablespoons olive oil
- Salt and pepper

Serves 4

- Prepare crabs by removing the hard top shell, soft internal organs and feathery gills.
- Using a heavy knife cut bodies into quarters.
- Heat olive oil in a large pan, add onion, garlic and chilli, and cook for 2-3 minutes on a medium heat.
- Add white wine, tomatoes and crab, and mix together. Cover pan with lid or foil, and simmer for 8-10 minutes, mixing occasionally until crab cooked.
- Add parsley and lemon, salt and pepper and mix though.
- Serve with salad and bread.

