

JOHN WEST[®]

PROTEIN+

CALCIUM

RICH TUNA

foodservice recipe inspiration



with a key focus on nutrition and taste

It's what John West rejects that makes

JOHN WEST[®]

the best.

JOHN WEST®

PROTEIN+

CALCIUM RICH TUNA

John West Protein+ Calcium Tuna contains very fine fish bone powder, providing a great source of calcium to support healthy bones and muscles, when eaten as part of a healthy meal plan.

Recipe Stamps to look out for!

Our recipe stamps are designed to highlight the key nutrition benefits in each recipe and assist you in choosing recipes which target the important nutrients for your clients.



- Per serve, contains at least 10g protein



- Per serve, contains at least 200mg calcium



- Suitable for finger food options



- Suitable for Aged Care facilities



- Per serve, contains a source of omega-3 fats

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OMEGA-3

SOURCE OF
PROTEIN

Serves 10

Sweet Chilli Tuna Wraps

Ingredients

70g sweet chilli sauce
100g mayonnaise
10 rectangular roti breads or wholegrain wraps,
warmed slightly
300g julienned carrot
300g julienned cucumber
150g julienned spring onion
35g chopped fresh coriander
1kg pouch **John West Protein+ Calcium Tuna in
Springwater**, drained
400g chiffonade lettuce

Preparation

1. Combine mayonnaise and sweet chilli sauce, spread on roti breads.
2. Top with filling ingredients and roll up tightly. Wrap tightly with clingwrap to hold shape and chill for 5-10 minutes. Cut into logs to serve.

TIP: Swap mayonnaise for plain Greek style yoghurt for a greater intake of calcium-containing foods.



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Serves 10

Tuna Bruschetta Melt

Ingredients

1kg pouch **John West Protein+ Calcium Tuna in Springwater**, drained
100g mayonnaise
30g chopped fresh parsley
150g deseeded chopped tomato
20g tomato paste
150g chopped black olives (optional)
Margarine, for spreading
20 slices bread
10 slices tasty cheese

Preparation

1. Combine John West Tuna, mayonnaise, parsley, tomato, tomato paste and olives.
2. Spread one side of each slice of bread with margarine. Spread tuna mix on unbuttered side, top with cheese. Sandwich with other piece of bread, buttered side up.
3. Cook in sandwich press until bread is golden and cheese is melted.

TIP: Prepare tuna mixture ahead and refrigerate the day before required. John West Protein+ Calcium Tuna – Olive Oil Blend is also suitable for this recipe.



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Serves 10

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Tuna & Pea Croquettes

Ingredients

400ml boiling water
100g Edgell Instant Mash Potato
100g thickened cream
100g frozen Edgell Chopped Onion
500g **John West Protein+ Calcium Tuna in Springwater**
100g frozen Edgell Peas, cooked following packet directions
10g finely chopped fresh parsley leaves
4 eggs, lightly beaten
500g dried breadcrumbs

Preparation

1. Make mash by adding boiling water to Edgell Mash Potato, add cream and set aside to cool.
2. Sweat frozen Edgell Onion. Set aside to cool.
3. Add tuna, Edgell Peas, onion and parsley to mash and combine well.
4. Form mixture into 10 croquettes.
5. Dip croquettes in egg mixture and breadcrumbs. Deep fry until golden.

TIP: Serve with aioli, tzatziki or a spicy tomato sauce.



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Serves 10

Tomato, Tuna & Rice

Ingredients

300g cherry tomatoes
25g crushed garlic
1kg cooked combined brown rice and quinoa
1kg pouch **John West Protein+ Calcium Tuna in Olive Oil Blend**, drained
100g rocket leaves
200g crumbled fetta

Preparation

1. Panfry garlic and tomatoes until garlic tomatoes are softened. Remove from heat, stir through heated rice blend.
2. Add John West Tuna and rocket and gently toss together.
3. Sprinkle with fetta to serve.

TIP: Use drained tuna oil to panfry the tomatoes and garlic. John West Protein+ Calcium Tuna – Springwater is also suitable for this recipe.



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Serves 10

Tuna Korma Fish Cakes

Ingredients

400g potatoes, washed
200g finely chopped onion
15g finely chopped green chilli
25g finely chopped fresh coriander, leaves and stalks
150g frozen Edgell Corn Kernels
1kg pouch **John West Protein+ Calcium Tuna in Springwater**, drained
2 eggs, lightly beaten
Egg wash and panko breadcrumbs, for crumbing
Naan, raita, cucumber sambal, for serving

Preparation

1. Place whole potatoes in cold water. Boil until tender. Cool slightly. Peel and roughly mash.
2. Sauté onion until softened. Add chilli, coriander stalks, korma paste and frozen Edgell Corn, cook until fragrant. Cool slightly.
3. Add mashed potatoes, John West Tuna and eggs to cooked onion mixture and combine. Form into 10 patties using a ½ cup measure.
4. Coat patties with egg wash, then breadcrumbs. Chill to firm.
5. Shallow or deep fry patties. Serve with naan, raita and cucumber sambal.

TIP: Make smaller patties for a finger food option.



Serves

Tuna Shepherd's Pie

Ingredients

Pie Mix:

- 100g butter
- 40g Leggo's Tomato Paste
- 200g frozen Edgell Chopped Onion
- 20g crushed garlic
- 1kg pouch **John West Protein+ Calcium Tuna in Springwater**, drained
- 500g frozen Edgell Mixed Vegetables
- 1L Leggo's Classic Herb Sauce
- 90ml vegetable or chicken stock

Mash:

- 1L hot full cream milk
- 200g Edgell Instant Mash Potato
- 100g chopped butter

Preparation

1. Melt butter and sauté Leggo's Tomato Paste, frozen Edgell Onion and garlic.
2. Add John West Tuna, frozen Edgell Vegetables, Leggo's Sauce and stock.
3. To make mash, stir hot milk into Edgell Mash Potato. Once mash has absorbed the liquid, add butter.
4. Pipe mash over tuna mix. Bake in a commercial oven at 180°C until mash turns golden.

TIP: Use John West Protein+ Calcium Tuna - Olive Oil Blend instead.



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Serves

Tuna & Gem Bake

Ingredients

- 150g chopped onion
- 15g crushed garlic
- 5g crushed chilli flakes
- 500g Leggo's Classic Herb Sauce
- 500g grilled vegetables – capsicum, zucchini, eggplant
- 1kg packet **John West Protein+ Calcium Tuna in Olive Oil Blend**
- 1kg frozen Edgell Potato Gems

Preparation

1. Sauté onion and garlic. Add chilli and Leggo's Sauce. Simmer 20 minutes.
2. Fold in grilled vegetables and John West Tuna. Pour into half gastronorm. Arrange frozen Edgell Gems to cover.
3. Bake until gems are golden brown and crunchy.

TIP: Add a layer of cheese before the gems.



Serves 10

Tuna Pasta Bake

Ingredients

500g penne pasta
2 x 500g jar Leggo's Tuna Bake with Spinach and Garlic
250ml vegetable stock
1kg pouch **John West Protein+ Calcium Tuna in Springwater**, drained
250g frozen Edgell Corn Kernels
80g breadcrumbs
250g grated parmesan
100g butter, melted
Chopped fresh parsley, or chive, for garnish

Preparation

1. Cook pasta until al dente. Drain and return to saucepan.
2. Stir in Leggo's Tuna Bake, stock, John West Tuna and frozen Edgell Corn. Transfer to gastronorm.
3. Combine breadcrumbs and parmesan, pour over melted butter and toss to coat. Top tuna mixture with bread mixture, bake until golden. Garnish with herbs to serve.

TIP: Leggo's Tuna Bake with Spinach and Garlic is available from major supermarkets. Alternatively, use a béchamel style sauce.



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Serves

Tuna Cacciatore

Ingredients

1kg short pasta – spiral, penne
150g chopped onion
15g crushed garlic
140g Leggo's Tomato Paste
10g dry oregano
2 bay leaves
400g Leggo's Crushed Tomatoes
120ml white wine
200ml chicken stock
150g pitted black olives
1kg packet **John West Protien+ Calcium Tuna in Olive Oil Blend**

Preparation

1. Cook pasta following packet directions.
2. Sauté onion and garlic. Add Leggo's Tomato Paste, oregano, bay leaves, Leggo's Crushed Tomatoes, wine and stock. Simmer 1 hour.
3. Add olives and John West Tuna. Reheat pasta, toss through sauce to serve.

TIP: Serve with steamed greens or salad.



Serves

Tuna Mornay Pie

Ingredients

40g butter
200g finely diced onion
15g crushed garlic
60g plain flour
800ml milk
100g grated parmesan
150g frozen Edgell Peas
150g frozen Edgell Corn Kernels
1kg packet **John West Protein+ Calcium Tuna in Olive Oil Blend**, drained
40g chopped fresh parsley
800g mashed potato

Preparation

1. Melt butter, sauté onion and garlic. Add flour, stir to coat. Gradually add milk, whisking to remove lumps, until thickened.
2. Add 75g parmesan, stir until melted.
3. Add frozen Edgell Peas, frozen Edgell Corn, John West Tuna and parsley. Season. Pour into gastronorm, top with mashed potato and remaining parmesan. Bake until hot and mash is golden.

TIP: Use grated tasty cheese instead of parmesan.



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Serves 10

Tomato & Tuna Pasta Bake

Ingredients

150g frozen Edgell Chopped Onion
30g crushed garlic
1kg Leggo's Napoli Sauce
500g baby spinach leaves
50g pine nuts, toasted
1kg pouch **John West Protein+ Calcium Tuna in Olive Oil Blend**
1kg penne pasta
250g grated mozzarella cheese

Preparation

1. Sauté frozen Edgell Onion and garlic. Add Leggo's Sauce, bring to boil, reduce heat and simmer 30 minutes.
2. Add spinach, pine nuts and John West Tuna, stir to combine. Season to taste.
3. Cook penne until al dente. Add penne to sauce and transfer to individual baking dishes or gastronorm. Top with cheese.
4. Bake until cheese is melted and golden.

TIP: Add sundried tomato strips for a rich tomato addition. Stir some extra grated cheese through the sauce for a creamier bake.



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Serves

Tuna Melt Jacket Potato

Ingredients

10 medium brushed potatoes, washed well
500g **John West Protein+ Calcium Tuna in Springwater**, drained
40g chopped fresh parsley
200g mayonnaise or aioli
500g grated tasty cheese

Preparation

1. Pierce potatoes 3 times. Bake until insides are soft.
2. Combine tuna, parsley, mayonnaise and half the cheese. Season.
3. Cut potatoes in half. Scoop out inner, leaving 1cm border to skin. Roughly mash potato flesh, stir through tuna mixture.
4. Place potatoes on baking tray, spoon filling into shells. Top with remaining cheese and grill until cheese is melted and golden. Serve with salad.

TIP: Sweet potatoes can also be used for added variety.