Simple Spring Recipes

FROM THE Sirena Tuna Kitchen

Healthy, delicious, versatile

Sirena Tuna has curated this list of premium recipes to inspire your spring meal moments. Fuss-free and easy to follow, these recipes are perfect for intimate meal occasions or to share in the warmth with friends and family. We hope you enjoy these recipes inspired by the quality tastes we've been bringing you since 1956.

Premium Recipes

Sirena Tuna & Corn Quesadillas

⧗ 35 MIN

Sirena Tuna Melt

⧗ 10 MIN

Sirena Tuna Crispy Potato & Tuna Pie

⧗ 1HR 10MIN

Sirena Tuna Chilli & Oil Pizza

⧗ 17 MIN

Sirena Tuna Smashed Potato with Chilli Yoghurt

⧗ 1HR 20 MIN

Sirena Tuna Spaghetti with Crispy Garlic Crumbs & Ricotta

⧗ 30 MIN

Sirena Tuna Breakfast Fritters ⌛ 45 MIN

Sirena Spicy Tuna Melt Nachos ⌛ 45 MIN

Sirena Tuna & Avocado Sushi Style Sandwiches ⌛ 20 MIN

Sirena Tuna Grain Bowl with Caraway Cauliflower and Grapes ⌛ 1 HR

#1

SIRENA
TUNA
SPRINGWATER

Sirena Tuna & Corn Quesadillas

SERVES 4

⌛ 35 MIN

Ingredients

- 2 185g cans Sirena Tuna in Springwater, drained and flaked
- 2 125g cans corn, drained and rinsed
- 2 celery stalks, trimmed and finely chopped
- 2 tbsps chopped fresh flat-leaf parsley
- ½ tsp finely grated lemon rind
- ⅓ cup reduced fat, whole egg mayonnaise
- 8 flour tortillas
- ⅔ cup grated tasty cheese
- Salad leaves and lime wedges to serve

Method

1. Combine tuna, corn, celery, parsley, lemon and mayonnaise in a bowl.
2. Spread tuna mixture over four tortillas, top with cheese and cover with remaining tortillas.
3. Heat one at a time in a sandwich press for two to three minutes, or in a dry fry pan (turning once) until golden.

4. Cut into quarters and serve with salad and fresh lime.

#2

SIRENA
TUNA SLICES
OIL - ITALIAN STYLE
125g NET

Sirena Tuna Melt

SERVES 1

10 MIN

Ingredients

- 125g can Sirena Tuna Slices in Oil or Chilli and Oil
- Handful of sliced mozzarella or grated cheddar cheese
- Handful of Rocket
- Sliced crusty white bread
- Salt and pepper to taste
- Chilli mayonnaise (optional)

Method

1. Make a sandwich with the tuna slices, cheese, rocket, seasoning and chilli mayonnaise (optional).

2. Grill in a sandwich press until the cheese has melted and the bread is a golden brown.

#3

SIRENA
TUNA
SMOKE INFUSED OIL

Sirena Tuna Crispy Potato & Tuna Pie

SERVES 4-6

1HR 10 MIN

Ingredients

- 4 95g cans Sirena Tuna Smoke Infused Oil
- 1kg potatoes, peeled and diced
- 150g butter
- 2 ½ cups milk
- 2 leeks, cut in half lengthwise and sliced 1cm (white and pale green parts only)
- 2 tbsps chopped thyme
- 3 tbsps plain flour
- ¼ cup Italian parsley, roughly chopped
- 1 small lemon, zest and juice
- 1 ¼ cup grated cheddar cheese
- ½ cup panko breadcrumbs
- Sea salt and freshly ground pepper
- Green salad to serve

Method

1. Preheat oven to 180°C.

2. Place potatoes into a large pot of salted water and bring to the boil. Cook for 10 - 15 minutes or until tender. Drain and return to pot.

3. Add 75g of butter and ½ cup of milk to pot. Mash together until smooth and season to taste with salt and pepper. Set aside and keep warm.

4. Melt remaining butter in a saucepan over medium heat. Add leek and thyme. Cover with lid and stir occasionally. Cook for four to five minutes, until soft but not coloured.

5. Remove lid and add the flour. Stir well for 1 minute. Gradually add remaining milk, stirring until smooth and ensuring there are no lumps. Reduce heat and simmer gently for four to five minutes or until thick.

6. Remove saucepan from heat. Stir through the parsley, lemon juice, zest and ¾ cup of cheese. Gently fold through tuna until cheese melts and mix is well combined.

7. Pour mixture into a medium baking dish. Gently spread warm mashed potatoes over the top. Garnish with breadcrumbs and remaining cheese.

8. Place pie into the oven and bake for approximately 20 - 25 minutes or until top

of pie is melted and golden.

9. Divide between plates and serve with green salad. Serve.

#4

SIRENA
TUNA SLICES
CHILLI & OIL
125g NET

Sirena Tuna Chilli & Oil Pizza

SERVES 4

17 MIN

Ingredients

- 125g can Sirena Tuna Slices with Chilli & Oil
- 1 pre-prepared pizza base (we use a thin crust)
- ¼ cup tomato passata
- 1 tbsp dried oregano
- 1 tomato, sliced
- ½ cup mozzarella cheese, grated
- 2 tbsps caramelised onion jam

Method

1. Preheat oven to 200°C. Place pizza base on a pizza tray.

2. Combine passata and half of the dried oregano in a small bowl. Spread sauce over the pizza base.

3. Top with tomato slices, half the cheese, the tuna slices and the remaining cheese. Dollop the onion jam evenly around the top.

4. Place in hot oven and bake for 12 minutes or until crisp and golden.

#5

SIRENA
TUNA & BEANS
ORIGINAL
All natural ingredients
NET 185g

Sirena Tuna Smashed Potato with Chilli Yoghurt

SERVES 2

80 MIN

Ingredients

- 185g pack Sirena Tuna & Beans Original
- 2 large potatoes, washed
- 2 cups finely sliced green cabbage or
- wombok
- 1 cup fresh chopped parsley
- 1 cup natural yoghurt
- 4 tbsps hot chilli sauce

Method

1. Preheat oven to 200°C.

2. Prick potatoes with a fork and place on oven tray. Bake for 40 minutes.

3. Remove tray and use a potato masher to gently smash or squash potatoes so they split. Return to oven and bake for a further 20 minutes.

4. Combine cabbage, parsley and tuna with beans. Place smashed potatoes onto serving plates and top with tuna mixture.

5. Fold yoghurt and chilli sauce together and dollop over tuna mix. Serve immediately.

#6

SIRENA
TUNA
OIL ~ ITALIAN STYLE

Sirena Tuna Spaghetti with Crispy Garlic Crumbs & Ricotta

SERVES 4

30 MIN

Ingredients

- 425g can Sirena Tuna in Oil, oil reserved
- 2 slices day old bread, coarsely crumbed
- 2 cloves garlic, crushed
- 300g spaghetti
- ½ cup parsley, finely chopped
- 1 lemon, juice and grated rind
- 150g ricotta, crumbled

Method

1. Bring a saucepan of salted water to the boil. Add spaghetti and cook until al dente. Drain spaghetti and return to saucepan.

2. Toast breadcrumbs in a non-stick frypan for two minutes over high heat. Reduce heat and add garlic and oil. Cook for further two minutes or until breadcrumbs turn golden.

3. Toss tuna through spaghetti. Add parsley, lemon juice and rind. Return to low heat and stir.

4. Remove from heat. Add ricotta and garnish with crunchy garlic breadcrumbs. Serve.

#7

SIRENA
TUNA
IN OIL ~ ITALIAN STYLE

Sirena Tuna Breakfast Fritters with Speedy Hollandaise

SERVES 4

45 MIN

Ingredients

- 185g can Sirena Tuna in Oil, drained and flaked
- 200g orange sweet potato, peeled and coarsely grated
- 150g broccoli, finely chopped
- ¼ cup frozen peas
- 1 green onion, chopped
- 2 tbsps chopped fresh flat-leaf parsely
- ½ cup plain flour

- ½ cup milk
- 2 eggs, lightly beaten
- ¼ cup extra virgin olive oil
- ½ cup plain Greek-style yoghurt
- 2 egg yolks
- 1 tbsp lemon juice
- 2 tsps cornflour
- 60g butter, chopped
- Baby rocket to serve
- Lemon wedges to serve

Method

1. Combine sweet potato, broccoli, peas, onion and parsley in a large bowl. Add flour, milk and egg. Mix well to combine. Season with salt and pepper and fold the tuna through.

2. Heat oil in a large frying pan over medium to high heat. Add two level tablespoons of tuna mixture into the pan, shaping to form a round. Repeat to make four fritters.

3. Cook fritters for three to four minutes each side or until golden and cooked through. Transfer to a tray with lined paper towel to drain. Repeat with remaining batter to make 12 fritters.

4. To make the speedy hollandaise, whisk yoghurt, egg yolks, lemon juice and cornflour together in a small saucepan.

5. Cook over medium heat for four to five minutes or until mixture is hot and thickens. Remove from heat. Add butter. Whisk until melted and smooth. Season with salt and pepper.

6. Serve fritters with baby rocket, hollandaise and lemon wedges.

#8

SIRENA
TUNA
CHILLI IN OIL

Sirena Spicy Tuna Melt Nachos

SERVES 4

45 MIN

Ingredients

- 2 185g cans Sirena Tuna Chilli in Oil
- 1 tbsp extra virgin olive oil
- 1 brown onion, chopped
- 1 garlic clove, crushed
- 2 tsps ground cumin
- 1 tsp ground coriander
- 1 tsp smoked paprika
- ¼ tsp chilli powder
- 400g can black beans, drained and rinsed
- 1 tbsp lime juice
- 2 tbsps fresh coriander leaves, chopped
- 200g packet corn chips
- 1 ½ cups grated tasty cheese
- 2 tomatoes, seeded and finely chopped
- 1 avocado, finely chopped
- ⅓ cup plain Greek yoghurt
- 2 fresh jalapeño chillies, sliced
- Fresh coriander sprigs, to serve
- Lime wedges, to serve

Method

1. Preheat oven to 180°C or 160°C fan-forced.

   Heat oil in a frying pan over medium-high heat.

2. Cook onion, stirring occasionally for five minutes or until softened. Add garlic, cumin, ground coriander, paprika and chilli powder. Cook, stirring for one minute or until fragrant.

3. Add beans and ⅓ cup water. Season with salt and pepper. Simmer, stirring occasionally for five minutes or until mixture thickens and liquid has evaporated. Remove from heat. Stir in lime juice and chopped coriander. Toss through tuna.

4. Arrange half the corn chips in four heatproof serving dishes. Sprinkle with ½ cup cheese and top with remaining corn chips and tuna mixture. Sprinkle remaining cheese on top and bake for 15 minutes or until cheese has melted and tuna is heated through.

5. Sprinkle nachos with tomato and avocado. Dollop with yoghurt and top with jalapeño and coriander springs. Serve with lime wedges.

#9

SIRENA
TUNA
SPRINGWATER

Sirena Tuna & Avocado Sushi Style Sandwiches

SERVES 4

20 MIN

Ingredients

- 185g can Sirena Tuna in Springwater, drained
- 2 slices mountain bread
- 2 tbsps fresh ricotta
- ½ medium size avocado, peeled and thinly
- sliced
- ½ lebanese cucumber, sliced into ribbons

Method

1. Place mountain bread slices on a flat surface. Spread with ricotta then arrange tuna, cucumber and avocado in rows, leaving a 1cm border along one edge. Roll up bread from opposite edge to enclose filling.

2. Cut each roll into five rounds. Season to taste and serve.

10

SIRENA
TUNA SLICES
OIL – ITALIAN STYLE

Sirena Tuna Grain Bowl with

SERVES 4

Caraway Cauliflower and Grapes

1 HR

Ingredients

- 2 125g cans Sirena Tuna Slices in Oil, well drained
- 150g freekeh (farro)
- 80g red quinoa
- 40g wild rice
- 625ml water
- 2 tbsps extra virgin olive oil
- 1 eschalot, halved and very thinly sliced
- 65g sour cherries, halved or ⅓ cup currants
- 80ml red wine vinegar
- 1 tsp carraway seeds
- 1 ¾ tsp sea salt
- ½ small head cauliflower
- ½ bulb fennel
- ½ tsp freshly ground black pepper
- 2 tbsps extra virgin olive oil, for drizzling
- 100g seedless red grapes, sliced into quarters
- ½ cup flat-leaf parsley leaves, roughly chopped
- ½ cup fennel fronds (optional), roughly chopped

Method

1. For the grain bowl, combine the freekeh, quinoa and wild rice in a saucepan, rinse thoroughly and drain well. Add 2 ½ cups water and place over medium high-heat. Cover slightly with a lid ajar.

2. Bring to the boil, then reduce to medium and cook for about 40 minutes or until the grains are tender but still have a bite.

3. Turn off heat, fluff the grains with a fork, wrap the saucepan lid in a tea towel, then place securely on the pan and let grains steam for 10 minutes.

4. For the eschalot dressing, place eschalot and ¼ tsp sea salt in a small bowl and use your hands to rub the salt in. Leave for 10 minutes to soften, then drain off any liquid. Add the sour cherries and cover with vinegar. Set aside until ready to use (allow to pickle for at least 15 minutes).

5. For the caraway cauliflower, preheat the

oven 220°C (conventional). Lightly toast the carraway and remaining sea salt together in a small frying pan over medium heat for about one minute or until fragrant. Be careful not to burn. Roughly crush using a mortar pestle and set aside.

6. Break cauliflower head into small florets and thinly slice stem lengthways. Place into a large bowl. Trim the fennel and reserve ½ cup fronds for later. Halve the bulb lengthways, remove the core, slice lengthways into 3 - 5mm slices and add to cauliflower.

7. Add the carraway salt, pepper and olive oil. Toss with your hands to coat well. Spread over two large baking trays, ensuring a lot of space around the pieces.

8. Bake for 20 minutes or until nicely caramelised. Remove from oven and set aside. Once slightly cooled, place in a bowl and add grapes, parsley and fennel fronds. Gently toss to combine.

9. When grains are ready, while still hot, add pickled eschalot dressing and stir. Drizzle olive oil and stir to coat well.

10. Divide grains among bowls, top with carraway cauliflower and slices of tuna.

delizioso since 1956
SIRENA
TUNA