# Our Favourite Autumn Recipes
FROM THE
Sirena Tuna Kitchen

Treat your taste buds

At the Sirena Tuna Kitchen, we've been busy curating a list of our favourite autumn-inspired recipes. Filled with delicious seasonal flavours, you can create, share and enjoy with the premium quality we've been bringing you since 1956. From our family to yours, buon appetito!

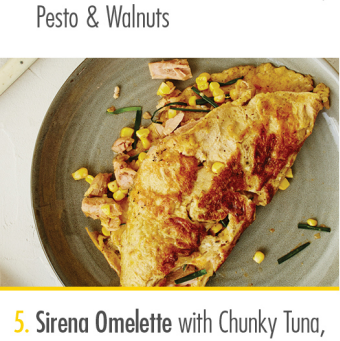
Premium Recipes

1. Sirena Tuna Bruschetta Dinner Bowl

2. Sirena Chilli Tuna Dip with Crudités

3. Bruschetta with Sirena Tuna Slices, Pesto & Walnuts

4. Sirena Tuna & Beans Mexican Style Tacos


5. Sirena Omelette with Chunky Tuna, Chives & Corn

6. Baked Field Mushroom with Sirena Tuna & Goat's Cheese

7. Italian Style Salad with Tuna

8. Sirena Onigirazu with Pickled Radish

9. Sirena Tuna Pasta Salad

10. Sirena Teriyaki Tuna Bites

#1

SIRENA
TUNA
PUTTANESCA

Sirena Tuna Bruschetta Dinner Bowl

SERVES 4
45 MINS

Ingredients

- **4 95g cans Sirena Tuna Puttanesca, drained and flaked**
- 1 large red capsicum
- ¼ cup extra virgin olive oil
- 2 garlic cloves, crushed
- 12 thin slices ciabatta bread
- 250g cherry truss tomatoes, cut into small bunches
- 400g can cannellini beans, drained, rinsed
- 2 tbsp chopped fresh basil leaves
- 1 small red onion, finely chopped
- 2 tbsp red wine vinegar
- 100g fetta, crumbled
- Extra fresh basil leaves, to serve
- Small watercress sprigs, to serve
- Lemon zest, to serve

Method

1. Preheat oven to 220°C or 200°C fan-forced.
2. Place capsicum on a baking paper-lined baking tray. Roast for 15 minutes.
3. Combine 2 tbsp oil and garlic in a small bowl. Brush over both sides of bread.
4. Turn capsicum. Add tomatoes and bread slices to baking tray in a single layer. Drizzle tomatoes with remaining garlic oil. Season with salt and pepper. Roast, turning bread halfway through cooking for a further 10 minutes or until tomatoes are just tender and bread is toasted. Set aside for 10 minutes.
5. Remove skin and seeds from capsicum. Thinly slice. Combine capsicum, beans and basil in a bowl. Season with salt and pepper. Combine tuna and onion in a separate bowl.
6. Whisk vinegar and remaining oil. Arrange toast, tuna mixture, bean mixture and tomatoes in serving bowls. Drizzle with dressing and sprinkle with fetta, extra basil leaves, watercress sprigs and lemon zest.

#2

SIRENA
TUNA
CHILLI IN OIL

Sirena Chilli Tuna Dip with Crudités

SERVES 4
15 MINS

Ingredients

- **185g can Sirena Tuna Chilli in Oil, drained**
- 400g can cannellini beans, rinsed, drained
- ½ tsp smoked paprika, plus extra to garnish
- 1 tbsp capers, rinsed, drained
- 2 tbsp lemon juice
- 1 tbsp extra virgin olive oil
- Parsley to garnish
- + your favourite bits to dip!

Method

1. Place all the dip ingredients in a blender and season with salt and pepper.
2. Blitz briefly to form a rough paste. Be careful not to overdo it!
3. Transfer to a serving bowl and garnish with paprika, parsley and a drizzle of oil.
4. Serve with your favourite crackers or veggies for dipping, trimmed and cut into crudités.

#3

SIRENA
TUNA SLICES
OIL – ITALIAN STYLE

Bruschetta with Sirena Tuna Slices, Pesto & Walnuts

SERVES 2
5 MINS

Ingredients

- **125g can Sirena Tuna Slices in Oil – Italian Style**
- 1 jar of your favourite pesto
- 1 handful walnuts, toasted
- ¼ bunch chives, finely sliced
- 4 slices sourdough bread
- Shaved parmesan, to garnish
- Extra virgin olive oil, for drizzling
- Salt

Method

1. Toast sourdough slices on each side until golden brown.
2. Spread each slice with a thick lather of pesto and lay tuna slices on top.
3. Sprinkle with walnuts and chives, and top with shaved parmesan.
4. Drizzle a little extra virgin olive oil over the top.

#4

SIRENA
TUNA & BEANS
MEXICAN STYLE

Sirena Tuna & Beans Mexican Style Tacos

SERVES 4
22 MINS

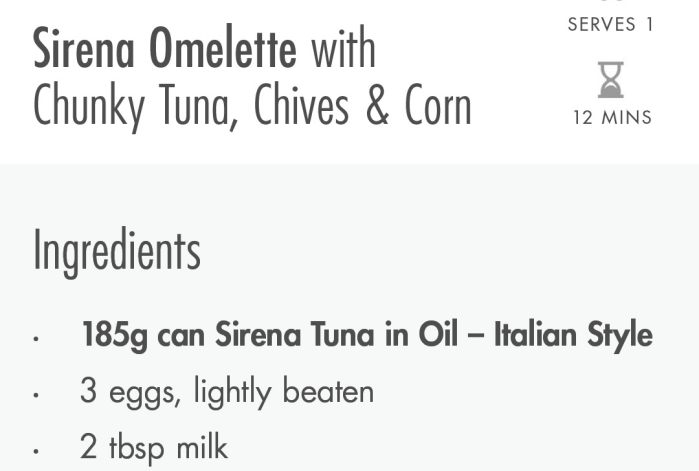
Ingredients

- **2 185g cans Sirena Tuna & Beans Mexican Style**
- Taco shells (hard or soft)
- Lettuce (iceberg or cos) chopped or torn
- Guacamole
- Chopped tomato
- Sour cream, extra chilli and grated cheddar cheese

Method

1. Empty Sirena Tuna & Beans Mexican Style cans into a saucepan and warm through.
2. Heat taco shells as per pack instructions.
3. Assemble with desired ingredients, finish with a generous dollop of guacamole and sour cream.

#5



Sirena Omelette with Chunky Tuna, Chives & Corn

SERVES 1
12 MINS

Ingredients

- **185g can Sirena Tuna in Oil – Italian Style**
- 3 eggs, lightly beaten
- 2 tbsp milk
- ½ tsp nutmeg
- 1 tbsp of chopped chives
- ½ cup corn kernels
- Salt and pepper to taste
- 15g butter

Method

1. Whisk eggs, milk, nutmeg and salt and pepper in a bowl.
2. Melt butter in a pan.
3. Once the butter has melted, add the egg mixture, give it a swirl and shake in the pan.
4. Once it starts to cook on the bottom, add the tuna, chives and corn to one side.
5. Flip the omelette over onto itself and serve immediately.

#6

SIRENA
TUNA
LEMON & PEPPER

Baked Field Mushroom with Sirena Tuna & Goat's Cheese

SERVES 4
30 MINS

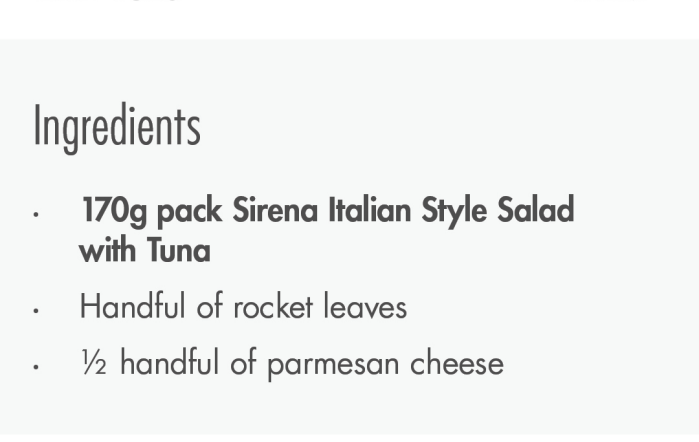
Ingredients

- **95g can Sirena Lemon & Pepper Tuna, drained slightly**
- 4 large field mushrooms, washed and stalks removed
- 150g soft goat's cheese
- 1 tbsp capers
- 3 sprigs of thyme, leaves finely chopped
- Juice of ½ lemon
- 2 tbsp olive oil
- Salt and pepper to taste

Method

1. Preheat oven to 180°C.
2. Mix the tuna, goat's cheese, capers, lemon juice and thyme. Evenly distribute the tuna mixture into each mushroom cap.
3. Drizzle with olive oil and season with a little salt and pepper.
4. Bake for 10–15 minutes, or until the cheese is golden and melted slightly. Serve with a little drizzle of oil.

#7



Italian Style Salad with Tuna

SERVES 1
6 MINS

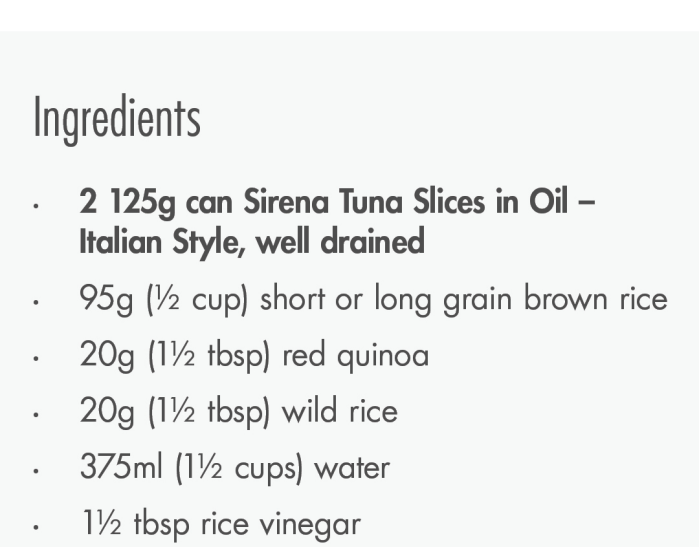
Ingredients

- **170g pack Sirena Italian Style Salad with Tuna**
- Handful of rocket leaves
- ½ handful of parmesan cheese

Method

1. Warm your Sirena Italian Style Salad with Tuna in the microwave, following the instructions on the pack.
2. Toss through some peppery rocket leaves.
3. Serve with a shaving of good quality parmesan cheese.

#8



Sirena Onigirazu with Pickled Radish

SERVES 4
60 MINS

Ingredients

- **2 125g can Sirena Tuna Slices in Oil – Italian Style, well drained**
- 95g (½ cup) short or long grain brown rice
- 20g (1½ tbsp) red quinoa
- 20g (1½ tbsp) wild rice
- 375ml (1½ cups) water
- 1½ tbsp rice vinegar
- ½ tsp white sugar
- 8 nori sheets
- 1 Lebanese cucumber, peeled, cut into 10cm x 3mm slices
- 1 ripe avocado, halved and cut into 5mm slices
- Shichimi togarashi (Japanese seven spice blend) to season
- Japanese (Kewpie) mayonnaise, to drizzle

Pickled Radish

- 375ml (1½ cups) rice vinegar
- 55g (¼ cup) white sugar
- 1 bunch red radish, tops trimmed, thinly sliced on a mandoline
- 4 thin slices ginger
- ½ tsp Sichuan peppercorns or chilli flakes

Method

1. Combine the brown rice, quinoa and wild rice in a saucepan, rinse thoroughly and drain well. Add 1½ cups water. Place over medium-high heat, cover with a lid slightly ajar and bring to the boil, then reduce to medium heat and cook for 30 minutes or until the grains are tender. Turn off heat, fluff the grains with a fork, wrap the saucepan lid in a tea towel, then place securely on the pan. Let grains steam for 10 minutes.
2. For the pickled radish, place the vinegar and sugar in a small saucepan, bring to the boil, then gently boil for 5 minutes. Set aside and cool slightly. Pack the radish, ginger and peppercorns into a 1-litre glass jar. Pour over the vinegar and set aside to pickle while you make the onigirazu. Seal with a lid and refrigerate the remainder for up to 1 week.
3. Combine the vinegar and sugar, stir to dissolve. Place the grains in a large mixing bowl. Add the vinegar mixture and using a large wooden spoon, stir the grains gently and continuously, allowing the steam to escape and the grains to cool.
4. Place a 30cm square of plastic wrap on a work surface. Place a sheet of nori in the centre like a diamond. Take ¼ cup grains and, using the base of the cup measure, pat into a neat and compact 10cm square in the centre of the diamond.
5. Arrange a slightly overlapping layer of pickled radish on top of the grains, then a single layer of cucumber, 3 tuna slices and a single layer of avocado. Season with sea salt and togarashi. Drizzle over a generous amount of mayonnaise. Arrange another slightly overlapping layer of pickled radish on top.
6. On a 13cm square of baking paper, take ¼ cup grains and, using the base of the cup measure, pat into a 10cm square. Quickly flip the grains onto the top of the stack, peel off the baking paper and clean up any loose grains.
7. Tightly fold the bottom point of the nori diamond up over the filling, then the right point over the filling, then the top point and then the last point to make a neat, compact square.
8. Wrap the onigirazu in the plastic wrap so it's tight and compact. Weight down with a plate for 5–10 minutes so the nori can soften.
9. Repeat with the remaining ingredients.
10. Unwrap the onigirazu and, using a sharp knife, cut in half.

#9

SIRENA
TUNA
BASIL INFUSED OIL

Sirena Tuna Pasta Salad

SERVES 1
15 MINS

Ingredients

- **95g can Sirena Tuna Basil Infused Oil** or **Sirena Tuna in Springwater, drained**
- 1 cup baby spinach (washed)
- 1 cup penne pasta (cook according to directions)
- 4 baby bocconcini (halved)
- 6 black olives
- 2 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar

Method

1. Cook pasta until al dente according to directions. Drain.
2. Toss with tuna.
3. Combine lettuce, olives, bocconcini in a bowl.
4. Add tuna and pasta. Drizzle over oil and vinegar and toss to combine.

#10

SIRENA
TUNA
TERIYAKI

Sirena Teriyaki Tuna Bites

SERVES 1
26 MINS

Ingredients

- **2 95g cans Sirena Teriyaki**
- 1 spring onion, finely sliced
- 1 tbsp finely chopped coriander leaves
- 1 tsp sweet chilli sauce
- 1 egg, whisked
- ½ cup panko crumbs
- Dipping sauce
- ½ long red chilli, deseeded, finely sliced
- 2 tsp finely grated ginger
- 1 clove garlic, finely chopped
- Juice and zest of 1 lime
- 2 tsp soy sauce
- 1½ tbsp sweet chilli sauce
- 1 tbsp sesame oil
- ½ tsp fish sauce
- Salt and freshly ground black pepper
- 2–3 tbsp coconut oil
- Lime wedges and coriander, to serve

Method

1. Place all the Teriyaki Tuna Bites ingredients into a large bowl and mix well to combine. Season to taste with salt and pepper.
2. Divide mix into 6 portions and roll into balls.
3. Heat the coconut oil in a large frypan over medium-high heat.
4. Place the balls into the oil and flatten slightly.
5. Cook the tuna bites for approx. 2–3 minutes each side or until golden and cooked through.
6. Meanwhile, combine all the dipping sauce ingredients to a small bowl and whisk together.
7. Serve the Teriyaki Tuna Bites with the dipping sauce, lime wedges and extra coriander.

TIP: Can be served with coconut rice for a more substantial meal.

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TUNA