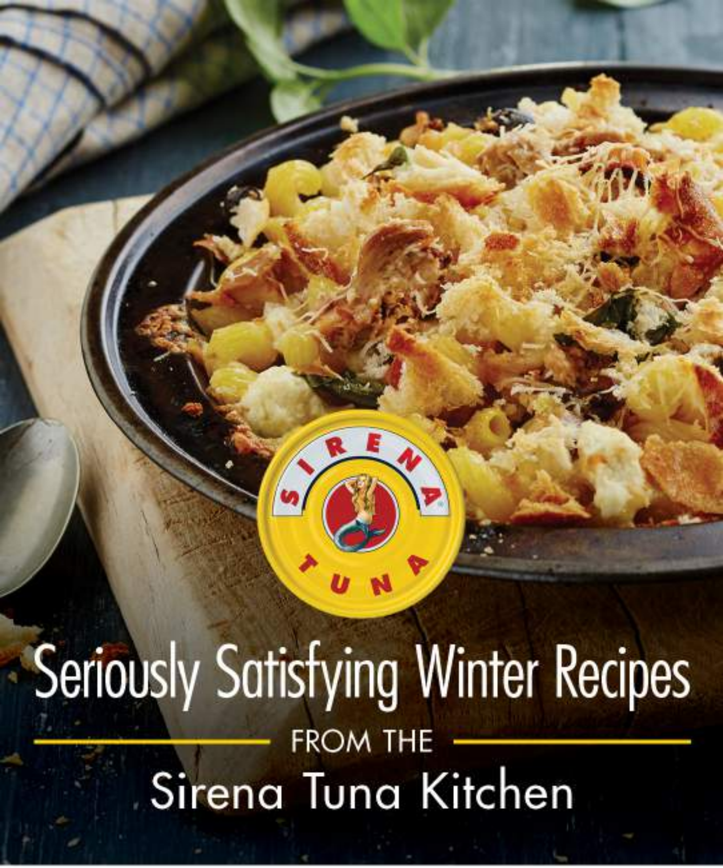

SIRENA TUNA

# Seriously Satisfying Winter Recipes

FROM THE

Sirena Tuna Kitchen

It's time to warm your soul

When the cold weather rolls in, hearty meals rule supreme. The Sirena Tuna Kitchen brings you this eBook, filled with wholesome recipes that make the ultimate comfort food for one, or premium feast to share with family and friends.

# Premium Recipes

1. **Sirena Tuna** Mornay

2. **Sirena Crispy Potato** & Tuna Pie

3. **Sirena Seafood** Paella Perfection

4. **Sirena** Bachelor's Pasta

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**Hand Pies** with Fennel Salsa

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#1

SIRENA
TUNA
OIL - ITALIAN STYLE

# Sirena Tuna Mornay

SERVES 4

70 MINS

## Ingredients

- **425g can Sirena Tuna in Oil – Italian Style, drained, flaked**
- 300g tubed pasta, preferably rigatoni
- 200g grated cheddar cheese or light grated cheddar
- 1 cup frozen peas (optional)
- ½ cup firm ricotta cheese
- 750ml hot milk
- 30g plain flour
- 40g butter
- ½ tsp salt

# Method

1. Preheat oven to 180°C.
2. Cook pasta in a saucepan of boiling, salted water, following packet directions. Drain.
3. Melt butter in a saucepan.
4. Add flour and stir cooking gently for 1 minute.
5. Gradually add the hot milk and salt, stirring continuously until the sauce is thick. Cook for a further 2 minutes.
6. Mix pasta with white sauce. Stir in 100g of grated cheese, peas and tuna.
7. Place in an ovenproof dish, sprinkle with remaining grated cheese and ricotta.
8. Bake at 180°C until golden brown.

*TIP: For a lighter version, try using Sirena Tuna in Springwater.*

#2

SIRENA
TUNA
SMOKE INFUSED OIL

# Sirena Crispy Potato & Tuna Pie

SERVES 5

70 MINS

# Ingredients

- **4 95g can Sirena Tuna Smoke Infused Oil**
- 1kg potatoes, peeled and diced
- 150g butter
- 2½ cups milk
- Sea salt and freshly ground black pepper
- 2 leeks (white and pale green part only, cut in half lengthways then sliced 1cm)
- 2 tbsp chopped thyme
- 3 tbsp plain flour
- ¼ cup roughly chopped Italian parsley
- Zest and juice of 1 small lemon
- 1¼ cup grated cheddar cheese
- ½ cup panko breadcrumbs
- 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. Add 75g of butter and ½ cup of milk. Mash together until smooth. Season with salt and pepper. Set aside and keep warm.
3. Melt the remaining butter in a medium saucepan over medium heat. Add the leeks and thyme. Cover with lid and cook stirring occasionally for 4–5 minutes, until soft but not coloured. Remove lid and add the flour. Stir well for 1 minute. Gradually add the remaining milk, stirring until smooth, making sure there are no lumps. Reduce heat and simmer gently for 4–5 minutes or until thick.
4. Remove the saucepan from the heat.

Stir through the parsley, lemon juice, zest and ¾ cup cheese. Gently fold through Sirena tuna while the cheese melts.

5. Pour mixture into a medium baking dish. Spread over the warm mashed potatoes Sprinkle with breadcrumbs and remaining cheese.
6. Place pie into the oven and bake for 20–25 minutes, or until cooked through with melted, golden top.
7. Divide and serve with a green salad.

## #3

SIRENA
TUNA
LEMON & PEPPER

# Sirena Seafood Paella Perfection

SERVES 4

50 MINS

## Ingredients

- **3 95g can Sirena Tuna Lemon & Pepper, drained, flaked**
- Small pinch saffron threads
- 1 tsp dried rosemary (or thyme leaves)
- 900ml hot chicken stock

- 1 tbsp olive oil
- 1 brown onion, finely chopped
- 1½ cups medium-grain rice
- 400g canned diced tomatoes
- ½ cup chopped green beans (or peas)
- Freshly ground black pepper, to taste
- 200g cooked prawns (peeled or unpeeled, tails intact)
- 1 lemon, cut into wedges
- ¼ cup parsley sprigs, to garnish

## Method

1. Steep the saffron and rosemary (or thyme) in the hot stock for 5–10 minutes.
2. Heat the olive oil in a medium non-stick size frypan and add the onion. Cook over a low-medium heat for 2–3 minutes or

until onion is tender.

3. Add the rice to the pan and stir to distribute evenly. Increase heat. Add the stock and the tomatoes. Stir occasionally until simmering.
4. Reduce heat to medium. Cook uncovered for 15 minutes, stirring occasionally.
5. Break up the tuna with a fork and spoon it and the juices over the surface of the rice, add the beans (or peas) and season with a little freshly ground black pepper. Cook for a further 2–3 minutes
6. Top paella with prawns, lemon wedges and parsley to serve.

#4

SIRENA
TUNA
IN OIL ~ ITALIAN STYLE

# Sirena Bachelor’s Pasta

SERVES 2

45 MINS

## Ingredients

- **185g can Sirena Tuna in Oil – Italian Style** or **Sirena Tuna Chilli in Oil**
- 400g can of Italian peeled tomatoes
- 350g pasta (we use spaghetti)
- ½ cup frozen peas

- 1 tbsp chopped parsley
- 1 clove finely chopped garlic and/or 1 small onion finely chopped
- 4 tbsp olive oil
- Salt and pepper to taste

## Method

1. In a saucepan, fry the garlic and/or onion in oil on a gentle heat until translucent (about 5 minutes).
2. Add the tomatoes. Season with salt and pepper. Simmer on gentle heat until reduced by one third. Add the tuna and break up into small pieces. Add the frozen peas and cook for a further 3 minutes.
3. Bring a large saucepan of water and 1 tbsp salt to the boil. Add the pasta and stir to make sure the pasta doesn't stick

together. Cook until al dente, or follow packet directions. Drain the pasta and return to the saucepan. Add the sauce. Stir for a minute over low heat then serve immediately and sprinkle with the chopped parsley.

#5

SIRENA
TUNA
IN OIL ~ ITALIAN STYLE

# Sirena Tuna
## Penne Puttanesca

SERVES 2

55 MINS

## Ingredients

- **185g can Sirena Tuna in Oil – Italian Style**
- 400g can Italian diced tomatoes
- 350g ribbed penne
- 80g black olives
- 2 anchovy fillets (optional)
- 2 tbsp salt-preserved capers, well rinsed
- 1 clove garlic
- 1 tbsp chopped parsley
- 4 tbsp olive oil
- Salt and pepper to taste

# Method

1. Gently fry the chopped garlic and anchovy fillet in the olive oil until fragrant and the anchovy has dissolved.
2. Add the diced tomatoes and olives, and simmer until the sauce has reduced by one third. Season with salt and pepper.
3. Boil the pasta in salted water until al dente, or follow packet instructions. Drain and return to the saucepan.
4. Add the sauce and combine with the Sirena tuna and capers. Sprinkle with the chopped parsley and serve immediately.

#6

SIRENA
TUNA
PUTTANESCA

# **Sirena Tuna** Pasta Bake

SERVES 4

60 MINS

## Ingredients

- **2 95g cans Sirena Tuna Puttanesca**
- 300g macaroni pasta
- 1 ball of mozzarella cheese, grated
- ½ cup firm ricotta cheese

- 1 thick slice sourdough bread, coarsely crumbed
- 1 handful of parmesan cheese, grated
- 1 handful of basil leaves
- Salt and pepper to taste
- Olive oil

## Method

1. Preheat oven to 200°C.
2. In a large bowl, mix tuna (together with the oil), mozzarella, ricotta, basil and cooked macaroni.
3. Season with salt and pepper and place in a baking dish. Sprinkle combined breadcrumbs and parmesan on top and drizzle with olive oil.
4. Bake for 10 minutes or until cheese is

melted and breadcrumbs golden. Serve with a green salad on the side.

*TIP: This tuna pasta bake is also great with Sirena Tuna in Oil – Italian Style, Basil Infused, or for a spicy twist, Chilli in Oil.*

## #7

SIRENA
TUNA
IN OIL ~ ITALIAN STYLE

# Sirena Tuna Curry Puffs

SERVES 36

48 MINS

## Ingredients

- **2 185g cans Sirena Tuna in Oil – Italian Style, drained**
- 4 sheets puff pastry
- 1 large onion, finely diced
- 1–2 small potatoes, or 1 large potato, diced
- ¾ cup water
- ⅔ cup frozen peas
- 1½ tbsp curry powder
- 1 tbsp olive oil, or oil from drained tuna
- 1 tsp sugar
- ¼ tsp salt

- Cracked black pepper
- 2 tsp of milk or egg wash (for colour when baking)

# Method

1. Preheat oven to 180°C fan-forced, or as per pastry instructions.
2. Sweat diced onion in a large saucepan with curry powder and oil. Add diced potato and water. Cook until potato has softened.
3. Add tuna and flake using a fork. Add peas, sugar, salt and cracked pepper to taste. Stir to combine evenly. If there is excess liquid, cook on a slow heat until evaporated.
4. Cut pastry into 7cm x 7cm squares. Place a heaped tsp of the cooled tuna mix in

the centre of the square.

5. Fold opposite corner of pastry over the filling to create a triangle. Pinch edges together to form seal and crimp if desired.
6. Place on a greased baking tray. Brush with milk or egg wash. Repeat for each square. Bake for approximately 18 minutes or until golden brown.

## #8

TUNA
PEPPERCORN

# Sirena Tuna & Green Olive Hand Pies with Fennel Salsa

SERVES 6

50 MINS

## Ingredients

### Pastry

- 560g plain flour
- 3 tsp caster sugar
- 1 tbsp sea salt
- 150ml extra virgin olive oil
- 200ml cachaça or white rum
- 1 egg, beaten, for brushing
- Vegetable oil, for deep-frying

### Filling

- **95g can Sirena Tuna Peppercorn, well drained**
- ½ white onion, finely chopped
- 2 small garlic cloves, finely chopped
- 200g English spinach (about 1 small bunch), leaves and stems roughly chopped
- 1 tbsp cooking oil
- 100g pitted green olives, roughly chopped
- Finely zested rind from 1 lemon

## Fennel Salsa

- ½ tsp fennel seeds, toasted
- 1 cup packed flat-leaf parsley leaves (about ½ bunch)
- 1 cup packed coriander leaves (about 1 bunch)
- 1 cup packed roughly sliced spring onions (about 3 stalks)

- 1 long green chilli, roughly chopped
- 165ml extra virgin olive oil
- 1 tbsp sherry vinegar

## Method

1. For the pastry, combine the flour, sugar and salt in a large bowl and make a well in the centre. Add the oil to the well and mix in the flour, using your hands. Gradually add the spirit, using your to mix and form a ball of dough. Turn out onto a workbench and knead lightly until just smooth. Divide into 2 equal portions, shape each into a rough rectangle, cover with the bowl and leave to rest for 30 minutes.
2. For the fennel salsa, place all of the ingredients in a small food processor and pulse until roughly combined. Refrigerate until required.

3. For the filling, heat the oil in a large frying pan over medium-low heat. Add the onion and cook for 2 minutes or until soft and translucent, then add the garlic and cook for 1 minute or until fragrant but not coloured. Add the spinach, season with sea salt and freshly ground black pepper, increase heat to medium cook for about 3 minutes or until collapsed and the water has completely evaporated. Transfer to a large bowl to cool.

4. Add the remaining filling ingredients, use your hands to mix evenly and break up the chunks of tuna. Check the seasoning and adjust to your taste.

5. Roll each portion of the pastry out on a lightly floured bench to roughly a 20cm (height) x 60cm (length) rectangle, about 2mm thick. Use a knife to trim the sides. Cut each at 10cm intervals so you have a total of 12 rectangles, each 20cm x 10cm.

Discard the trimmings.

6. Make the hand pies by dividing the filling into 12 portions. Place the filling on the top half of each rectangle, leaving a border and moulding into a rough rectangle. Lightly brush the edges with the beaten egg and fold over the bottom half of the pastry to enclose the filling, pressing around the filling to remove any air and to seal the edges – press carefully or the pastry may crack; if it does, just gently pinch back together. You can decorate by pressing the tines of a fork along the edges.

7. Heat the oil in a large, deep-sided saucepan to 160°C. Add the pies (use a palette knife or spatula to lift them off the bench) in batches, and cook until the pastry is golden and bubbled, about 3 minutes each side. Take care when frying, the oil may spit.

8. Remove from the oil and drain on paper towel. Allow to cool slightly then serve with

fennel salsa for dipping.

## #9

SIRENA
TUNA
IN OIL ~ ITALIAN STYLE

# Sirena Tuna & Sundried Tomato Cheesy Quiche

SERVES 4

70 MINS

# Ingredients

- **185g can Sirena Tuna in Oil – Italian style, drained**
- 2 sheets frozen shortcrust pastry, thawed (or pre-prepared savoury pastry base)
- 1 cup cream
- 2 tbsp parsley, chopped
- ½ cup sun-dried tomato strips, well drained
- 3 tsp baby capers, rinsed (optional)
- ¾ cup goat's cheese
- 6 eggs
- 1 red onion, caramelised
- 3 spring onions, finely chopped
- Side salad, to serve

# Method

1. Preheat oven to 200°C or 180°C fan-forced.
2. For pastry base, follow instructions on the packet to blind bake a base in a 26cm quiche dish.
3. Remove from oven and reduce temperature to 160°C (140°C fan-forced).
4. For the filling, whisk eggs and stir in cream, spring onions, parsley, tomatoes and capers. Arrange tuna on the base of the pastry case.
5. Pour in egg mixture, add caramelised onion and dot with goat's cheese.
6. Place in oven and bake for 40 mins. Remove and allow to cool before serving with a simple side salad.

#10

SIRENA
TUNA
TERIYAKI

# Sirena Hiroshima Okonomiyaki with Tuna

SERVES 2

33 MINS

## Ingredients

### Batter

- 75g (½ cup) plain flour
- 125ml (½ cup) water
- 1 egg
- 1 pinch sea salt

## Fillings

- **2 95g can Sirena Tuna Teriyaki, drained**
- 1½ tbsp cooking oil
- 200g Chinese cabbage (wombok) or white cabbage, thinly sliced
- 8 thin slices round pancetta (about 70g)
- 180g cooked yakisoba (or thin egg noodles)
- 2 tsp okonomi sauce
- 2 tbsp (20g) small dried shrimp
- 2 eggs

## Topping

- 2 tbsp okonomi sauce
- Japanese Kewpie mayonnaise
- Crushed seasoned seaweed
- 1 pinch roasted chilli powder

## Method

1. For the batter, combine the ingredients in a bowl and gently whisk until just smooth and lump-free.
2. To make the pancake, heat 1 tsp oil in a large non-stick frying pan over medium heat until very hot. Set a timer for 4 minutes. Pour in ¼ cup batter into the centre of the pan and use the back of the ladle to quickly spread into a 14cm diameter circle.
3. Immediately pile half of the cabbage neatly over the pancake, then the tuna.

It looks like a lot of filling but don't worry, it will wilt. Place the pancetta around the circumference, slightly overlapping. You want to create a band that will help hold the pancake together. Pour over ¼ cup batter around the circumference and in the centre – this will help bind the filling.

4. Continue cooking for the 4 minutes or until the bottom is golden but not burnt. (Turn off the heat if you are not ready for the next step.)

5. Flip the pancake using a large, wide spatula, quickly, but carefully. Press any of the fillings back into the pancake and cook for another 4 minutes or until the pancetta is crisp but not burnt.

6. To crisp up the noodles, heat 1 tsp oil in another large non-stick frying pan over high heat. Set another timer for 4 minutes. Add the noodles and stir-fry for 30 seconds to coat in the oil. Add the sauce

and stir-fry for 30 seconds to coat. Shape the noodles into a circle about the same size as the pancake. Scatter the dried shrimp over the circle. Reduce the heat to medium and continue cooking for the 4 minutes or until the base is crispy but not burnt. Turn off the heat.

7. Carefully place the pancake (batter-side up), using the spatula, on top of the noodles in the other pan.

8. Fry the egg in the pan you used to cook the pancake. Heat 1 tsp oil over medium-high heat until very hot. Carefully crack in an egg, run a spatula through the yolk to break it and form the egg into a circle about the same size as the pancake.

9. Immediately place the pancake and noodle stack (batter-side up) on top the egg and cook for 30 seconds. Using a large, wide spatula, carefully transfer to a serving plate.

10. Lift the pancake up and tuck any of the fillings back in. Keep warm and repeat with the remaining ingredients to make a second okonomiyaki.
11. Brush each pancake with the okonomi sauce, drizzle over the mayonnaise, and scatter over the seaweed, spring onion and chilli powder.

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