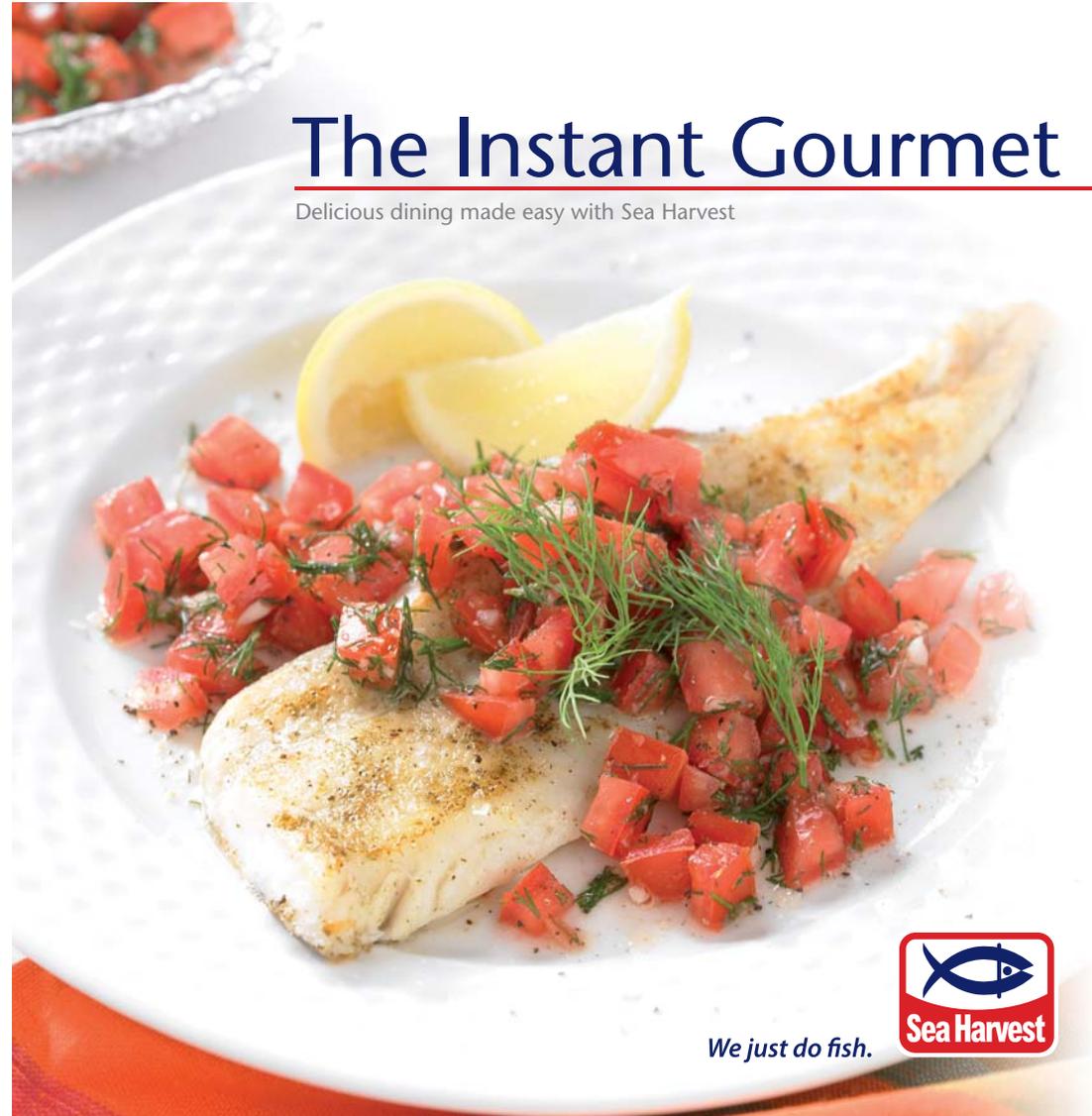


The Instant Gourmet

Delicious dining made easy with Sea Harvest



We just do fish.



We just do fish.

Welcome to "The Instant Gourmet" – a handy, easy-to-follow guide to creating the most delicious meals – just like the professionals do – in the comfort of your own kitchen. In here, you'll find some of our favourite seafood recipes for you to tantalise and treat your tastebuds. Each recipe has been created with convenience in mind. So you won't find any complicated methods or lists of rare ingredients; only the simplest ways to make your own appetising dinners, lunches and snacks.

Let's get cooking!

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A quick reference guide to all the Sea Harvest products you'll need to prepare these tasty recipes. Find them at your nearest supermarket!

HAKE



OVEN CRISP



FISH FINGERS



CRISP AND CHUNKY



HADDOCK





Crisp and Chunky Moroccan on a Minted Couscous Salad

Serves 4

Ingredients

- 1 box Sea Harvest Crisp and Chunky Moroccan prepared as per the cooking instructions on the box.
- 1 cup couscous prepared as per the cooking instructions on the box.

In a large glass bowl put the following:

- 1 cup halved Rosa or cherry tomatoes
- 4 spring onions with tops finely sliced
- 1/2 cup fresh mint roughly chopped
- 1/2 cup roughly chopped coriander
- 2 tablespoons sultanas
- Zest of 1 ripe lemon

Stir this together well and then stir in the dressing and cooked couscous and let it stand while you prepare the fish.

Dressing

- 1 teaspoon cumin seeds toasted and roughly ground
- 1 fat clove of garlic crushed
- the juice of 1 large ripe lemon
- 3 tablespoons olive oil

Shake it all together in a bottle and pour over the tomatoes.

Divide the couscous between 4 plates and place the fish onto that and garnish with a wedge of lemon and a sprig of coriander.





Cape Whiting Steaks in Green Curry

Serves 4

Ingredients

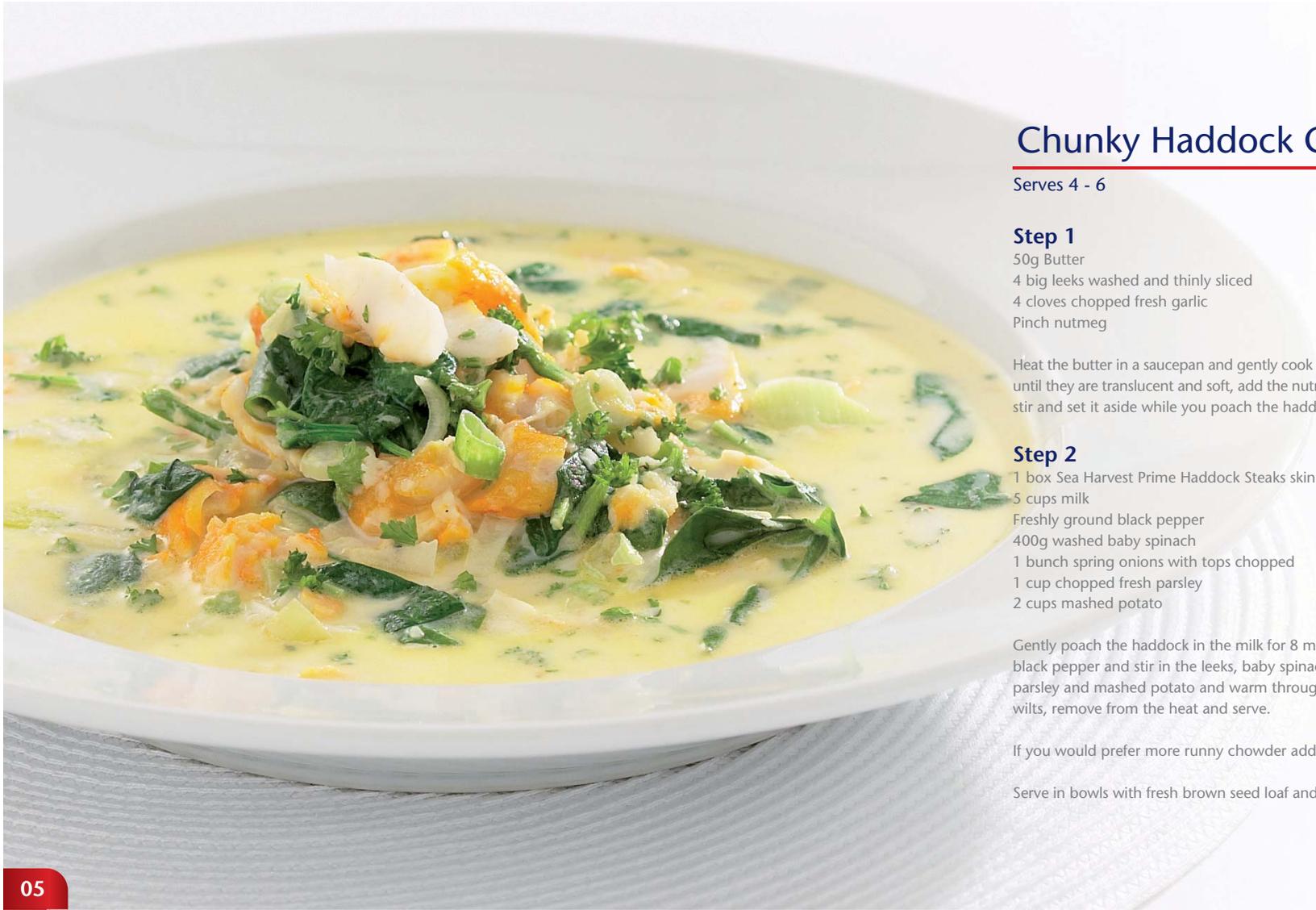
- 1 box Sea Harvest Cape Whiting Steaks
- Salt and pepper
- A little flour for dusting
- 1 - 2 tablespoons vegetable oil
- 1 onion finely chopped
- 1 teaspoon freshly chopped ginger
- 1 fat stem of lemon grass finely chopped
- 2 teaspoons red or green Thai curry paste if you like it hot or 1 teaspoon if not.
- 2 dried Asian lime leaves crumbled (optional)
- 2 teaspoons palm sugar or brown sugar
- 2 cloves crushed garlic
- 2 teaspoons fish sauce
- 1 can coconut milk
- Fresh coriander
- 12 fresh basil leaves shredded
- Juice of 1 lime

Method

- Season the whiting steaks with salt and pepper and dust with a little flour.
- Heat the oil in a saucepan and fry the steaks very gently on each side, do not cook through, remove from the pan and set aside.
- Make the sauce in the same saucepan, add a little more oil if need be, add the onions and



- ginger, lemon grass, curry paste, lime leaves and palm sugar, cook this stirring till onions are a little wilted, now add the coconut milk and cook for 10 minutes, then stir in the coriander, basil and fish sauce and lime juice, add the fish and let it warm through.
- Serve with sticky rice.



Chunky Haddock Chowder

Serves 4 - 6

Step 1

50g Butter
4 big leeks washed and thinly sliced
4 cloves chopped fresh garlic
Pinch nutmeg

Heat the butter in a saucepan and gently cook the leeks and garlic until they are translucent and soft, add the nutmeg, give it a good stir and set it aside while you poach the haddock.

Step 2

1 box Sea Harvest Prime Haddock Steaks skinned
5 cups milk
Freshly ground black pepper
400g washed baby spinach
1 bunch spring onions with tops chopped
1 cup chopped fresh parsley
2 cups mashed potato

Gently poach the haddock in the milk for 8 minutes, season with black pepper and stir in the leeks, baby spinach, spring onions, parsley and mashed potato and warm through till the spinach wilts, remove from the heat and serve.

If you would prefer more runny chowder add more milk.

Serve in bowls with fresh brown seed loaf and lashings of butter.





Pan Fried Hake with a Tomato and Dill Salsa

Serves 4

Ingredients

- 1 box 800g Sea Harvest Hake Fillets
- Ready mixed fish Spice
- Freshly ground black pepper
- Flour for dusting
- Shallow oil for frying

Season the fish fillets with the fish spice and pepper and dust with flour. Heat the oil in a pan and fry the fish till golden on both sides, remove and keep warm.

Tomato and dill salsa

- 2 medium tomatoes diced
- 2 cloves crushed garlic
- Juice of 1 lemon
- 1 tablespoon olive oil
- Salt and pepper to taste
- 3 tablespoons fresh dill finely chopped
- Mix the tomatoes with the garlic, lemon juice and olive oil, season with salt and pepper and add the fresh dill.
- Spoon over the fried fish.





Roasted Hake Medallions with Lemon Rosemary Butter Sauce

Serves 4

Ingredients

- 1 box Sea Harvest Hake Medallions
- Juice of 1 lemon
- Salt and milled black pepper
- Smoked paprika
- Olive oil



Sauce

- 125ml (1/2 cup) cream
- 75ml (5 tablespoons) butter
- 1 tablespoon fresh rosemary needles, chopped or 1/2 cup roughly chopped fresh coriander
- 30 ml (2 tablespoons) lemon juice
- 1 clove crushed garlic

Method

- Squeeze lemon juice over the hake and season with salt, pepper and paprika. Let this rest for 20 minutes. Meanwhile, preheat the oven to 180° C.
- Heat the olive oil in a frying pan.
- Sear fish on both sides, but don't cook through. Remove from the heat.
- Place on a baking sheet and roast for 5 - 6 minutes.
- Remove and keep warm while making the sauce.
- Heat the cream with half the butter and the rosemary.
- Simmer for 4 - 5 minutes, or until slightly reduced.
- Add the lemon juice and garlic and stir for 1 minute, then remove from the heat.
- Whisk in the remaining butter, a few pieces at a time. Check seasoning. Serve over fish.

TIPS

Serve this sauce with steamed asparagus and gingered carrots. Green beans and potato wedges make good accompaniments.



Versatility in a box: Sea Harvest Oven Crisp Range and Sea Harvest Fish Fingers

The Sea Harvest Oven Crisp range and the Sea Harvest Fish Fingers are perfect for busy moms. Easy to prepare, these delicious meals can be teamed with chips, baked potatoes or a saucy accompaniment for added flavour.

Visit www.seaharvest.co.za for a full range of tasty sauces and accompaniments.



Ingredients for herb mayonnaise

- Any good quality mayonnaise.

Just add one or more of these to your mayonnaise

- 30ml (2 tablespoons) chopped capers
- 15ml (1 tablespoon) chopped fresh dill
- 15ml (1 tablespoon) grated lemon zest
- Freshly chopped parsley, chives, tarragon, basil, coriander, or rocket
- Creamed horseradish and chopped fresh cucumber
- Crushed garlic
- Mashed anchovies
- Chopped olives and parsley
- Chopped walnuts
- Boiled eggs and chopped parsley great for topping haddock.