



**SHORE
MARINER**

seafood

COOKBOOK



Shore Mariner

Our range of frozen prawns, seafood, and finger foods has become synonymous with quality, variety, and reliability throughout Kiwi households.

As part of celebrating our loyal customers, we have created six different, delicious recipes highlighting how you can bring our products to life at home through a range of cuisines and techniques.

We hope you love our recipes.



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Healthy Fish Goujons Tacos

Ingredients

- 8 Pieces Shore Mariner Crumbed Fish Goujons
- 1/4 cup chopped coriander
- 1/2 lettuce leaves
- 1/4 of a cucumber, sliced
- 150g cherry tomatoes, halved
- 4 Tortillas
- Chipotle aioli for serving
- 4 Lime wedges for serving

Instruction

Cook Fish Goujons as per pack instructions.

To create the salad mixture combine coriander, salad leaves, sliced cucumber, and tomatoes in a bowl.

Char the tortillas in a pan, about 30 seconds on each side.

Assemble the tacos with the salad mixture, Fish Goujons, and top with chipotle aioli, limes, and season with salt and pepper.



Serves
2



Time
15



Level
Easy





LEMON PEPPER PRAWN FLATBREADS

Lemon Pepper Prawn Flatbreads

Ingredients

- 450g Shore Mariner Raw Prawn Meat, Thawed
- 1/2 tbsp oil
- 2 garlic cloves, minced
- 1/4 cup lemon juice
- Salt & pepper, to taste
- 1/2 red onion, thinly sliced
- 1/3 cup white vinegar
- 1/2 cup warm water
- 2 tsp white sugar
- 2 large flatbreads
- 1/2 cup parmesan
- Fresh basil, to serve



Serves

4



Time

30 Minutes



Level

Easy

Instruction

Thaw Shore Mariner Raw Prawn Meat according to packet instructions.

Place the oil, garlic, lime juice, salt, and pepper in a large bowl and whisk until well combined. Add the thawed prawns and toss to coat evenly. Cover and marinate for a minimum of 30 minutes.

To pickle the onion, place sliced onion, vinegar, water, and sugar in a jar and set aside for later. Preheat oven to 200 C.

To prepare the flatbreads, brush them with garlic and oil and sprinkle the Parmesan cheese.

Place flatbreads onto a lined baking tray and cook in the oven for 10 minutes, or until cheese is melted and flatbreads are crispy.

As soon as the flatbreads are cooking, cook the prawns. Heat oil in a frying pan over medium heat, and cook prawns for 3-4 mins or until meat is pink.

Place the flat breads onto a plate, add pickled red onion, and fresh basil, and top with the prawns. Drizzle the lemon garlic oil from the pan over the top, and then sprinkle extra Parmesan.

Cut flatbreads and enjoy!



Chilli & Garlic Prawn Bruschetta



Chilli & Garlic Prawn Bruschetta

Instruction

Thaw Shore Mariner Raw Prawn Cutlets according to packet instructions.

Place the oil, garlic, chilli flakes, lime juice, salt, and pepper in a large bowl and whisk until well combined. Add the thawed prawns and toss to coat evenly. Cover and refrigerate for 20 minutes.

While the prawns are marinating, create the guacamole by placing the avocado, red onion, coriander, jalapeno juice, lime juice, salt, and garlic powder in a bowl and mash the ingredients with a fork to make it as chunky or smooth as you'd like.

Add the halved cherry tomatoes to the guacamole mixture and set aside for later in the fridge. Heat a barbecue grill-friendly pan to high. Grill prawns for 3-4 minutes or until meat is cooked through and golden.

Slice your artisan bread 2 cm thick, brush with oil, and char grill, or barbecue grill on medium. Spoon guacamole mixture onto char-grilled bread and top with chilli garlic prawns.

Ingredients

- 500g Shore Mariner Raw Prawn Cutlets, Thawed
- 1/4 cup olive oil
- 2 teaspoons minced garlic
- 2 teaspoons chilli flakes
- 2 tablespoons lime juice
- Salt & pepper, to taste
- 2 avocados
- 250g cherry tomatoes, halved
- 1/4 red onion, diced
- 1/4 cup coriander, finely chopped
- 2 tablespoons jalapeno juice
- 1 table spoons lime juice
- 1/4 teaspoon salt
- 1/2 teaspoon garlic powder
- Artisan bread



Serves
2



Time
20 Minutes



Level
Easy

Squid Stewed with Tomatoes



Serves
4



Time
40 Minutes



Level
Easy

Ingredients

- 500g Shore Mariner Natural Squid Rings, Thawed
- 3 tablespoons olive oil
- 1 onion, sliced
- 3 cloves garlic, chopped
- 2 tablespoons tomato paste
- 1 teaspoon dried chili flakes
- 2 teaspoons fresh thyme, chopped
- 400g chopped tomatoes
- 1/2 red wine
- 1 cup beef stock
- 1/2 cup black olives
- 1/2 teaspoon sugar
- Salt & pepper to taste
- Basil, to serve
- Artisan bread

This Italian style squid stewed with tomatoes is absolutely foolproof. Crusty bread for dipping is a must!

Instruction

Thaw Natural Squid Rings according to packet instructions and set them aside for later.

Heat oil in a large pan, preferably cast iron, and add onion, stirring occasionally.

Add garlic, tomato paste, chili flakes, and thyme, and stir well to combine. Cook for 2-3 minutes.

Increase the heat to high, and add chopped tomatoes, red wine, beef stock, sugar, and olives. Boil until the liquid has reduced. Lower heat and simmer for 15 minutes.

Add thawed Natural Squid Rings and simmer for another 10 minutes or until squid is tender.

Once the squid is cooked and tender, season to taste.

Serve with basil leaves and your favorite toasted artisan bread.





Fresh

Spring Rolls

These delicious Vietnamese-style spring rolls are loaded with fresh ingredients! This recipe is super easy to follow and you can switch up the filling to suit your personal preference.

Instruction

Thaw prawns and set them aside for later.

Create dipping sauce by mixing all the sauce ingredients. Prepare all the fillings. Set everything aside for later.

To assemble the fresh rice paper rolls, fill a shallow dish with water and lay a tea towel next to the dish.

Place one rice paper sheet in the water and let it sit for about 20 seconds. Carefully take the sheet out and lay it flat on the tea towel.

Place the filling on the sheet and fold the lower edge over the filling rolling upward. Fold over the short sides like a burrito. Repeat with the remaining ingredients.

Keep the rolls whole or cut them in half. Serve with peanut dipping sauce.

Ingredients

For Filling

- 500g Shore Mariner Cooked Prawn Cutlets, Thawed
- Rice paper sheets
- Red Cabbage, shredded
- Red Capsaicin, thinly sliced
- Lettuce leaves
- Avocado, sliced

For Sauce

- 3/5 cup creamy peanut butter
- 1/4 cup rice vinegar
- 1/3 cup soy sauce
- 1 tablespoon honey
- 1 clove garlic
- 4 tablespoons water, or as necessary to reach desired consistency
- Optional garnish – sesame seeds, chilli flakes



Serves
5



Time
30 Minutes

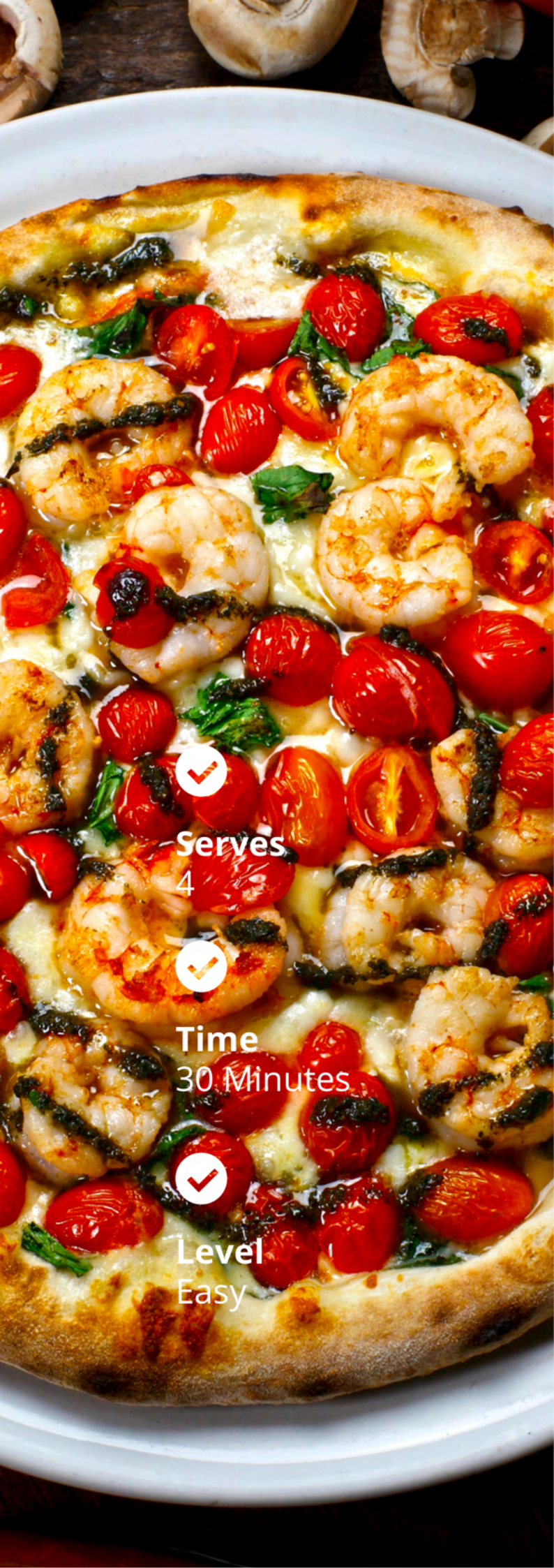


Level
Easy



Italian

Prawn Pizza



Serves
4



Time
30 Minutes



Level
Easy

Ingredients

- 500g Shore Mariner Raw Prawn Meat, Thawed
- 1/2 tbsp oil
- 2 garlic cloves, minced
- Chilli flakes
- Salt & pepper, to taste
- 2 large pizza bases
- 150g mozzarella, sliced
- 200g cherry tomatoes
- Handful of basil leaves
- 50g basil pesto, drizzled

Instruction

Thaw Shore Mariner Raw Prawn Meat according to packet instructions.

Place the oil, garlic, chili flakes, salt, and pepper in a large bowl and whisk until well combined. Add the thawed prawns and toss to coat evenly. Cover and marinate for a minimum of 30 minutes.

Once prawns are finished marinating, preheat oven to 200 C. Heat oil in a frying pan over medium heat, and cook prawns for 3-4 mins or until meat is pink.

Top pizza base with mozzarella, cherry tomatoes, basil, pawns, and drizzled pesto.

Bake the pizza until the tops are crisp and lightly browned. Cut the pizza and enjoy!



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