

# ~ Menu Applications ~

## Transforming Traditional Tuna

When it comes to long-lasting pantry staples, it doesn't get much better than Ocean Jewel™ PouchPak™ Tuna, designed to give operators efficiency and superior product quality. This fresh-tasting, high-protein ingredient can easily be incorporated into a variety of dishes.

### Appetizers

- Start your meal with Tuna Fritters and Homemade Tartar Sauce.
- Perfect for Mini Tuna Melt Quiches. Simply layer tuna filling with custard in a mini pastry shell, top with dill and shredded cheese, bake and serve with a dollop of sour cream.
- Try serving tuna salad on a crostini or in cucumber cups for a simple and delightful appetizer.



## PouchPak™ Tuna

No tin cans or fillers for fresher, natural tasting tuna. Smaller master case means less storage and waste. Less labour with 100% yield.

**Product Codes:**

Albacore Tuna Flaked Loins, 6 x 1.22kg  
 SF00965  
 Skipjack Tuna Flaked Loins, 6 x 1.22kg  
 SF00990

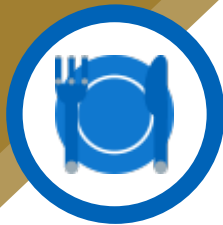


### Lunch

- Looking for an easy pasta salad idea? Combine Tuna Sooner with roasted vegetables and pasta, and drizzle with a lemon pepper vinaigrette.
- Put a spin on lunch with a Tuna Pinwheel Wrap and serve with a garden salad, veggies and dip or crunchy wedged potatoes.
- Everyone loves Tuna Mac 'n Cheese! Serve this all-time favourite with a salad or vegetables on the side.

### Dinner

- Deep Dish Tuna Pie is a great alternative to meat pie. Mix Tuna Sooner with sautéed onions, frozen mixed vegetables, cream of mushroom soup, and milk. Add in parmesan cheese, dill, lemon juice and pepper to season. Place in RTS pie shell and top. Bake and serve.
- Tuna Sooner tastes great paired with sweet potatoes in a risotto.
- Looking to add more fish on your menu? Tuna Meatballs with Rosé Sauce over pasta is a perfect way to do this.
- Transform your traditional tuna noodle casserole with these next level topping ideas! Instead of breadcrumbs, use crushed potato chips, crushed croutons, cornflakes, onion ring pieces or tater tots.





# ~ Recipes ~

## TUNA FRITTERS WITH HOMEMADE TARTAR SAUCE (Serves 25)

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| <p>4.95 lbs Ocean Jewel Tuna, (90 g per portion)<br/>         2 cups onion, diced<br/>         6 eggs<br/>         1 cup green onion, finely chopped<br/>         1.5 cups breadcrumbs<br/>         2 tbsp black pepper<br/>         1/4 cup salt free and sugar free sweet basil and tarragon mix<br/>         1/4 cup salt free and sugar free onion and garlic mix<br/> <b>FOR THE TARTAR SAUCE:</b><br/>         2 cups Greek yogurt</p> | <p>3/4 cup sweet pickles, diced<br/>         1/4 cup sweet pickle juice<br/>         2 tbsp lemon juice<br/>         1 tbsp green onions, finely chopped<br/>         1 tsp black pepper</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 400°F.</li> <li>2. In a large bowl add Tuna, onion, egg, breadcrumbs, pepper, sweet basil and tarragon, onion and garlic. Mix until all ingredients are combined.</li> <li>3. Grease or parchment line baking sheets.</li> <li>4. Using a scoop, portion tuna mixture into 45 g portions. Form into patties.</li> <li>5. Cook in the convection oven for 12-14 mins until internal temperature of 165°F is reached.</li> <li>6. To make tartar sauce, combine all tartar sauce ingredients in a large bowl. Reserve.</li> <li>7. Serve the warm fritters with the tartar sauce, and mixed greens.</li> </ol> |
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## ROASTED VEGETABLE AND TUNA PASTA SALAD WITH LEMON PEPPER VINAIGRETTE (Serves 25)

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| <p>2.75 lbs Ocean Jewel Tuna, (50 g per portion)<br/>         2 cups carrots, diced<br/>         2 cups yellow and green beans, frozen, defrosted<br/>         2 cups bell peppers, diced<br/>         1 cup squash, diced<br/>         1 cup green peas, frozen, defrosted<br/>         3 tbsp canola oil<br/>         3.9 lbs Penne pasta<br/>         Parmesan cheese to taste<br/> <b>FOR THE VINAIGRETTE:</b><br/>         2.5 cups olive oil<br/>         3/4 cup apple cider vinegar</p> | <p>1 tbsp Dijon mustard<br/>         1.4 cup salt free and sugar free lemon pepper mix<br/>         1/4 cup dried chives</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 400°F.</li> <li>2. In a large heavy bottomed pot, boil water. Add pasta and boil for 10-14 mins. Drain and cool. Reserve.</li> <li>3. On two separate greased baking sheets mix all of the carrots, beans, peppers, squash and peas together. Roast vegetables in the preheated oven. For convection oven, cook for 10-14 mins. Chill and reserve.</li> <li>4. In a large bowl, mix the ingredients together for the vinaigrette. Reserve.</li> <li>5. In a large container add Tuna Sooner, cooked and chilled vegetables, pasta, and vinaigrette. Reserve until service.</li> <li>6. Garnish with fresh basil or parsley. Parmesan cheese makes a great addition as well.</li> </ol> |
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## TUNA PINWHEEL WRAP (Serves 25)

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| <p>2.75 lbs TunOcean Jewel Tuna, (50 g per portion)<br/>         1.25 cups Greek yogurt<br/>         1/2 cup mayonnaise<br/>         1/2 cup lemon juice<br/>         1/2 cup green onion, finely chopped<br/>         1.5 cups celery, diced<br/>         2 tbsp black pepper<br/>         1/4 cup salt free and sugar free BBQ seasoning<br/>         6 avocados (50 slices total)<br/>         3 cups iceberg lettuce, shredded<br/>         75 Roma tomatoes (3 slices each)<br/>         25 white or whole wheat wraps</p> | <ol style="list-style-type: none"> <li>1. In a large bowl add Tuna, yogurt, mayonnaise, lemon juice, green onion, celery, black pepper and BBQ seasoning. Mix well and reserve in a cooler. Make 30 mins before production of pinwheels so the flavors have a chance to develop.</li> <li>2. Slice the iceberg lettuce, Roma tomato and the avocado. Reserve.</li> <li>3. For the production of the pinwheels; lay out the wraps, add Tuna Sooner mixture on one end of each wrap. Top with lettuce, tomato and avocado.</li> <li>4. Roll the wrap up tightly. Hold in place with toothpicks if needed.</li> <li>5. Remove toothpicks and slice the wraps.</li> <li>6. Arrange on plates and serve with a garden salad, veggies and dip, crunchy wedged potatoes or tater tots.</li> </ol> |
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## TUNA MACARONI AND CHEESE (Serves 25)

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| <p>3.85 lbs Ocean Jewel Tuna, (70 g per portion)<br/>         4 lbs Macaroni<br/>         12 cups 35% cream or béchamel sauce<br/>         6 cups cheddar cheese, shredded<br/>         2 tbsp Dijon mustard, smooth<br/>         2 tbsp black pepper<br/>         3 cups breadcrumbs<br/>         1/2 cup margarine, melted<br/>         1/2 cup Parmesan cheese, shredded<br/>         2 tsp Italian seasonings, dried</p> | <ol style="list-style-type: none"> <li>1. Preheat oven to 375°F.</li> <li>2. In a heavy bottomed pot, bring water to a boil. Only fill the pot 3/4 of the way full. Once boiling, add the pasta and cook for 8-12 mins. When pasta is cooked, cool and reserve.</li> <li>3. In another heavy bottomed pot, bring the 35% cream or béchamel to a light simmer. Add Dijon mustard, black pepper and the cheddar cheese (in small increments). Whisk until all of the cheese has been incorporated and the sauce is thicker.</li> <li>4. In a bowl add the breadcrumbs, margarine, parmesan and Italian seasonings. Mix well. Reserve.</li> <li>5. In a large container, mix the cooked pasta, cheese sauce and the Tuna. Ensure all ingredients are fully combined.</li> <li>6. Place the pasta mixture in a parchment lined 2" hotel pan. Cover with breadcrumb mixture.</li> <li>7. Cook in preheated oven for 45 mins. Ensure the pasta reaches an Internal temperature of 165°F.</li> <li>8. Serve with a green or composed vegetable salad.</li> </ol> |
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## TUNA MEATBALLS WITH A ROSÉ SAUCE (Serves 25)

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| <p>4.96 lbs Ocean Jewel Tuna, (90 g per portion)<br/>         2 cups onion, diced<br/>         6 eggs<br/>         1 cup green onion, finely chopped<br/>         1.5 cups breadcrumbs<br/>         2 tbsp black pepper<br/>         1/4 cup salt free and sugar free sweet basil and tarragon mix<br/>         1/4 cup salt free and sugar free onion and garlic mix<br/> <b>FOR THE ROSÉ SAUCE</b><br/>         16 cups tomato sauce<br/>         6 cups 35% cream or béchamel sauce<br/>         2 tsp dried thyme</p> | <ol style="list-style-type: none"> <li>1. Preheat oven to 400°F.</li> <li>2. In a large bowl add Tuna, onion, egg, breadcrumbs, pepper, sweet basil and tarragon, and onion and garlic. Mix well until all ingredients are combined.</li> <li>3. Grease or parchment line baking sheets.</li> <li>4. Using a scoop, portion out Tuna mixture into 22 g (3/4 oz) meatballs.</li> <li>5. Roast in the preheated oven for 15 mins. Ensure internal temperature reaches 165°F.</li> <li>6. In a heavy bottomed pot over low heat, add the tomato sauce, cream and thyme. Whisk and bring to a simmer. Once hot, reserve and hold.</li> <li>7. Once the tuna meatballs are cooked, hold at 200°F.</li> <li>8. At service, serve four meatballs with pasta and rosé sauce. Garnish with fresh organo or Italian parsley and shredded parmesan cheese.</li> </ol> |
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