

Sensational Seafood



Stuffed Squid Salad

A delicious summer salad.

PREPARATION: **10mins** COOKING: **60mins** SERVES: **4**

Ingredients:

- 150g pork mince
- 150g chicken mince
- 125g tub KRAFT PHILADELPHIA* Spreadable Cream Cheese
- 5 spring onions, finely sliced
- ¼ cup fresh breadcrumbs
- salt and pepper, to taste
- 2 large calamari hoods, cleaned
- 1 tablespoon oil

Salad

- 4 large tomatoes, diced
- 1 red onion, diced
- 1 green capsicum, diced
- 2 tablespoons finely chopped parsley
- 2 tablespoons red wine vinegar
- 1 clove garlic, crushed
- ¼ cup olive oil
- 1 tablespoon seeded mustard
- salt and pepper, to taste



Method:

1. **COMBINE** the pork, chicken, Philly*, spring onions, breadcrumbs, salt, and pepper in a medium sized bowl. Stuff filling inside the cavity of the hoods and seal the edges with a toothpick.
2. **DRIZZLE** with the oil and roast at 180C for one hour or until the mince has cooked through. Slice into even sized pieces.
3. **COMBINE** all salad ingredients in a medium sized bowl. Arrange onto a serving plate and top with slices of calamari. Serve.

Handy Hint:

The best way to soften Philadelphia* block is to allow it to stand for 1 hour at room temperature or remove Philly* from foil, cut into chunks and microwave on high for 30 seconds per 250g.

Parmesan Crusted Fish

KRAFT Grated Parmesan Cheese makes a great crust for fish. Serve with greens for a light summer dinner or with thick sliced chips for an easy fish 'n' chips.

PREPARATION: **20mins** COOKING: **10mins** SERVES: **4**

Ingredients:

- 1½ cups fresh ciabatta or regular breadcrumbs
- 1/3 cup KRAFT Grated Parmesan Cheese
- 2 tablespoons finely chopped fresh parsley
- ½ teaspoon paprika
- 4 x 150g firm, white fish fillets
- plain flour
- egg wash
- oil for shallow frying
- salad greens or thick chips to serve

Method:

1. **COMBINE** the breadcrumbs, KRAFT Grated Parmesan Cheese, parsley and paprika.
2. **ROLL** the fish fillets in plain flour and then dip in egg wash. Drain slightly and then coat fish into the cheesy breadcrumbs. Re-dip fish in remaining egg, then breadcrumb mix. Chill for 10 minutes or until firm.
3. **HEAT** the oil in a large frypan and cook over medium heat for 10 minutes or until fish is cooked through and golden brown.

Handy Hint:

An egg wash is made by combining a lightly beaten egg with 1 tablespoon milk.



Salmon with Herbed Sauce

A quick and easy dinner

PREPARATION: **10mins** COOKING: **10mins** SERVES: **4**

Ingredients:

- 4 x 150g salmon fillets
- 1 lemon, sliced
- 150mL can light evaporated milk
- 1/4 cup KRAFT Light Cream Cheese Spread
- 2 tablespoons finely chopped parsley
- 2 tablespoons finely chopped dill
- mashed potatoes, to serve
- baby vegetables, to serve

Method:

1. **HEAT** a large frying pan of water over high heat. Bring just the boil and reduce heat to low, so the water is barely moving.
2. **ADD** the salmon fillets and sliced lemon, and simmer over heat for approximately 6-8 minutes or until just cooked through. Remove from the pan and keep warm.
3. **BRING** the evaporated milk, KRAFT Light Cream Cheese Spread, 1/4 cup of poaching liquid and herbs to the boil in a medium saucepan. Simmer until sauce thickens, stirring often. Serve over salmon with mashed potatoes and baby vegetables.



Thai Calamari, Prawn and Cucumber Salad

A sensational seafood salad. This dressing is ideal for any seafood stir-fry or salad. It is also ideal for chicken or as a dressing for vegetables.

PREPARATION: **20mins** COOKING: **10mins** SERVES: **4**

Ingredients:

- 300g calamari hoods, in rings or scored and cut into pieces
- 300g green prawns, heads and veins removed
- $\frac{3}{4}$ cup KRAFT Sensations* FREE Thai Lime & Coriander Dressing
- 2 teaspoons vegetable oil
- 1 cucumber, thinly sliced or peeled in ribbons
- 100g mixed lettuce leaves
- 1 tablespoon sweet chilli sauce
- 1 tablespoon toasted sesame seeds

Method:

1. **MARINATE** the calamari and prawns for 1 hour in $\frac{1}{2}$ cup of the dressing.
2. **HEAT** oil in a wok over high heat. Stir-fry prawns and calamari until cooked.
3. **ARRANGE** lettuce and cucumber onto the serving plate, add seafood. Combine remaining dressing and sweet chilli sauce and drizzle over salad and sprinkle with sesame seeds. Serve.



Satay Seafood Risotto

A sensational risotto filled with fresh seafood and a delicious satay flavour.

PREPARATION: **20mins** COOKING: **30mins** MAKES: **4**

Ingredients:

- 1 tablespoon oil
- 1 medium leek, thinly sliced
- 2 cloves garlic, crushed or 2 teaspoons minced garlic
- 2 cups arborio rice
- 1 cup dry white wine
- 1 litre (4 cups) fish or vegetable stock
- 1 bunch asparagus, cut into 3cm lengths
- ¼ cup KRAFT Smooth Peanut Butter
- 8 scallops
- 8 green king prawns, shells and heads removed
- 250g calamari hoods, thinly sliced
- 500g black mussels



Method:

1. **HEAT** oil in a heavy based saucepan. Add leek and garlic and cook over medium heat until soft. Add rice and stir until 'toasted' about 1-2 minutes. Add wine and cook until evaporated.
2. **ADD** stock, reduce heat to low, cover and simmer for 20 minutes or until rice is just cooked. Stir infrequently.
3. **STIR** through asparagus, peanut butter and seafood, cook for a further 5 minutes. Serve.

Prawn, Coriander and Sweet Chilli Dip

This dip is a fantastic combination of seafood flavours with sweet chilli and a hint of lime.

PREPARATION: **15mins** COOKING: **0mins** SERVES: **10**

Ingredients:

- 250g block PHILADELPHIA* Cream Cheese, softened to room temperature
- $\frac{3}{4}$ cup light sour cream
- 12 cooked king prawns, heads, shells and tails removed and roughly chopped
- 2 tablespoons finely chopped coriander
- 2 tablespoons sweet chilli sauce
- juice of 1 lime

Bagel chips or corn chips, to serve

Method:

1. **BEAT** Philly* with an electric mixer until smooth; add sour cream and mix well.
2. **STIR** through chopped prawns, coriander, sweet chilli sauce and lime juice. Serve dip over bagel or corn chips.



Handy Hint:

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