



Delicious, quick & easy seafood recipes
for the whole family!





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TIP
ADD A TABLESPOON
OF SOUR CREAM
TO SERVE.

Golden Fish Taco's

with fresh tomato salsa

SERVES
4

TIME
10 min



Ingredients

1x pack 275g De Costi Crumbed Whiting

Oil for frying

6 Lettuce leaves, separated

2 Ripe tomatoes, deseeded and finely diced

1 Small red onion, finely diced

1 Spring onion, finely chopped

1 Small red capsicum, finely diced

1 Tbsp fresh coriander, finely chopped

1 Avocado, smashed

1 Lime, juiced

Pinch salt

6 Small tortillas, warmed

To Serve: Sour Cream

Method

1. Cook De Costi Crumbed Whiting Fillets as per the on-pack cooking instructions.
2. To make salsa, mix olive oil, salt, lime juice, capsicum, tomato, red onion and spring onion in a bowl until combined.
3. To serve, spread smashed avocado on tortillas then place lettuce leaves, 1-2 whiting fillets per tortilla and top with the salsa mixture.



Prawn Pizza

with fresh basil

SERVES
2-4

TIME
15 min

OVEN BAKE



Ingredients

1x pack De Costi Prawns* from our range

2 Thin pizza bases

½ cup pizza tomato paste

1 cup pizza cheese

To Garnish: Fresh basil leaves

Method

1. Pre-heat oven to 180°C. Spread tomato paste over pizza base and sprinkle evenly with cheese.
2. Evenly divide the De Costi Prawns over the pizza bases.
3. Bake pizza's for 5 minutes, until cheese is bubbly and beginning to look golden.
4. Slice pizza into wedges and garnish with basil leaves. Serve immediately.



TIP
SPICE UP YOUR PIZZA
WITH A LITTLE CHIPOTLE
MAYONNAISE FOR
A DELICIOUS
DIFFERENCE.





TIP
ADD AVOCADO TO THE BASE
OF THE TORTILLAS AND
A DOLLOP OF SOUR
CREAM TO SERVE.

Prawn Soft Tortillas

with crunchy slaw

SERVES
2-3

TIME
10 min



Ingredients

1x pack De Costi Prawns from our range

12 Mini soft tortillas, warmed

2 Cups red cabbage slaw, thinly chopped

1 Small lebanese cucumber, thinly sliced

To Serve: Lime wedges, sour cream

Method

1. Heat a non-stick pan over medium heat for 2 minutes. Add the De Costi Prawns to the pan and heat for 1 minute.
2. Toss the prawns in the pan for 2-3 minutes until sizzling and prawns change colour and are opaque.
3. To serve, lay the warmed tortillas on a flat surface and place a small amount of red cabbage slaw onto each tortilla. Top with a spoonful of cooked prawns.
4. Garnish with sliced cucumber and wedges of lime.



Lemon & Garlic Prawn Spaghetti

with fresh basil

SERVES
4

TIME
10 min



Ingredients

1x 280g De Costi Prawns with Lemon & Garlic Butter (or your favourite flavoured Prawns from the De Costi range)

½ Packet of spaghetti, cooked & drained

1 Tbsp oil

To Garnish: Fresh basil leaves and lemon wedges

Method

1. Heat oil in a non-stick pan over a medium heat for 2 minutes.
2. Add De Costi flavoured Prawns to the pan and cook 2 minutes.
3. Add the lemon and garlic butter discs and cook for another 2 minutes.
4. Add the cooked pasta to the pan with prawns, adding a small amount of the water to emulsify the sauce.
5. Serve garlic lemon prawns spaghetti with fresh basil leaves, lemon wedge and salt and pepper.



A top-down view of a white ceramic bowl filled with spaghetti. The spaghetti is coated in a light-colored sauce and topped with several large, pinkish-orange shrimp. Fresh green arugula leaves are scattered throughout the dish. A single slice of bright yellow lemon is placed on the left side of the bowl. The bowl sits on a light-colored, weathered wooden surface. In the top left corner, a dark glass bottle is partially visible. To the right of the bowl, a silver fork is placed on a white, textured cloth napkin. A white circular callout bubble with a tail pointing to the bowl contains text.

TIP
ADD SOME FRESH
PARMESAN FOR EXTRA
FLAVOUR!

TIP
PERFECT FOR SUMMER
ENTERTAINING.



Vietnamese Prawn Lettuce Cups

with sweet chilli sauce

SERVES
3-4

TIME
15 min



Ingredients

1x 260g De Costi Cooked & Peeled Prawns, tails removed

1 Bunch of Cos lettuce

1 Carrot, thinly sliced or grated

1 Cucumber, thinly sliced

1x 300g pack rice noodles, cooked

To Serve: Hoisin or peanut/satay sauce

Method

1. Cut the bases off the lettuce and separate the leaves. Halve the large outer leaves, wash and set aside.
2. Taking each leaf, add a small handful of noodles top with carrot, cucumber and a couple of the De Costi Cooked & Peeled Prawns and a drizzle of hoisin sauce.
3. Repeat until all the ingredients are used up.
4. Serve on a large platter with the dipping sauce.

Prawn Rice Paper Rolls

with sweet chilli sauce

SERVES
4

TIME
25 min



Ingredients

1x pack De Costi Cooked and Peeled Prawns, remove tails

8 Rice paper sheets

1 Carrot, thinly sliced

1 Lebanese cucumber, thinly sliced

1 Ripe avocado, sliced

8 Medium lettuce leaves, washed

60g Dried rice vermicelli, cooked as per packet instructions

Fresh coriander leaves

To Serve: Sweet Chilli Sauce

Method

1. Place 1 rice sheet in warm water until just softened, remove and place on a clean damp tea towel.
2. Lay rice paper flat and top with 3 De Costi Cooked & Peeled Prawns, lettuce leaf, cucumber, carrot, vermicelli and coriander.
3. Fold bottom of rice paper sheet up over the filling, fold one side in and then roll up tightly.
4. Repeat until all rice sheets are used and keep rolls under a damp cloth while preparing each.

TIP
ALSO DELICIOUS
WITH PEANUT
DIPPING SAUCE.



Mussel Fettuccine

with Napoli sauce

SERVES
4

TIME
10 min

PAN FRY



Ingredients

1x 650g De Costi Cooked Australian Mussels in the shell
300g Fettuccine pasta, cooked and drained

500g Napoli pasta sauce

2 Tbsp olive oil

1 Clove garlic, finely chopped

To Serve: Fresh Basil Leaves

Method

1. Heat oil and chopped garlic in a large deep fry pan over medium heat for 30 seconds.
2. Add the napoli sauce to the pan, stirring until liquid boils.
3. Drain De Costi Cooked Australian Mussels in a colander. Add the mussels to the pan and stir gently, heat for 1 minute.
4. Add the cooked pasta to the pan and using tongs, toss through the mussels and sauce.
5. Serve hot garnished with fresh basil leaves.



TIP
ADD A LITTLE CHILLI
AND A HANDFUL OF
OLIVES FOR ADDED
FLAVOUR.





TIP
GREAT FOR EASY ENTERTAINING.



Seafood Platter

with dipping sauce

SERVES
4

TIME
20 min

PAN FRY



Ingredients

1x 260g De Costi Cooked & Peeled Prawns with cocktail sauce

1x 275g De Costi Crumbed Whiting Fillets

1x 270g De Costi Salt & Pepper Squid

1 Lemon, wedged

To Serve: Your favourite dipping sauce

Method

1. De Costi Salt & Pepper Squid can be pan fried on medium heat in a lightly oiled pan for 2-3 minutes, turning and repeating. Alternatively, you can deep fry for 3-4 minutes until golden brown.
2. De Costi Crumbed Whiting Fillets can be oven baked at 180°C for 6 minutes. Alternatively heat a lightly oiled pan and cook for 3 minutes on each side.
3. Remove De Costi Cooked & Peeled Prawns from pack and pour cocktail sauce into a small bowl.
4. Serve on a large plate with your favourite dipping sauces and lemon wedges.



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