

RAW READY TO EAT RECIPES



Get these top notch, raw, ready to eat recipes on your menu. They're simple, safe and bang on trend.



SLICED SEARED YELLOWFIN TUNA TATAKI, PONZU DRESSING, SESAME, CHILLI, SHISO & CORIANDER

Ingredients: 5 Slices of Yellowfin Tuna Tataki · Ponzu Sauce · Sesame Oil · Mild Red Chilli Slices · Purple Shiso Cress · Black & White Sesame Seeds · Micro Coriander

Method: Carefully place the slices of Tuna Tataki on a plate, garnish with sliced mild red chillis. Drizzle over the ponzu sauce and sesame oil. Sprinkle with sesame seeds and garnish with sprigs of micro coriander and purple shiso cress.

SLICED SEARED SALMON TATAKI WITH ASIAN DAIKON PICKLES & CRUSHED WASABI PEAS

Ingredients: 5 Slices of Salmon Tataki · Pickled Carrot & Mooli Salad (available from Fresh Direct) · Purple Shiso Cress · Micro Coriander · Tamari · Crushed Wasabi Peas

Method: Carefully arrange the Salmon Tataki slices on a plate. Place a spoonful of the drained pickles and top with the Shiso and coriander. Mix 1 tsp of the pickle juice with 1tsp of the tamari and drizzle over the fish. Sprinkle the crushed wasabi peas over the fish and serve.



YELLOWFIN TUNA CARPACCIO WITH SEAWEED TARTARE RELISH & HERB SALAD

Ingredients: 3 Slices of Tuna Carpaccio · Rocket Salad · Micro Herbs (of your choice) · Seaweed Tartare Relish (soon to be available from M&J) · Olive Oil

Method: Carefully Place the defrosted Tuna slices on a plate with the rocket and micro herbs. Either buy seaweed tartare relish from M&J and let down with olive oil or blitz together a mixture of blanched edible seaweeds with olive oil, vinegar, capers, gherkins, onions and mixed herbs then drizzle over the tuna and salad.



Joii - Europe's number one fresh and frozen Tuna expert, a leading supplier of super frozen Tuna, with over 45 years' experience.