

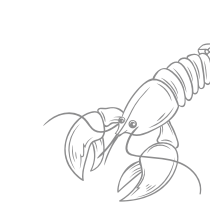
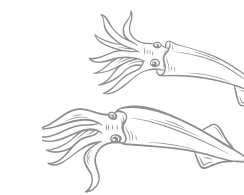
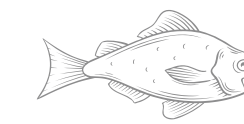
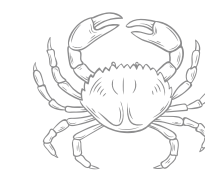


AQUA STAR: SEAFOOD MADE SIMPLE + MIX & MATCH SEAFOOD SAUCES



MIX & MATCH MAKES SEAFOOD SIMPLE

Five flavorful seafood sauces; endless "taste adventures"! Adding more seafood to your diet can be made easy... let the sauce do all the work! Each of these flavorful sauces can be paired with a variety of seafood proteins. We encourage you to MIX IT UP! Pick a seafood of your choice and the flavor your taste buds are craving. **What can you create?**



As we all know by now, everyone can benefit from eating seafood.

Achieving the recommended amount of two or more servings of seafood per week is easy-peasy with a few sauces on hand.

RECIPES TO GET STARTED



GARLIC BUTTER SHRIMP WITH SPINACH & RED LENTIL SPAGHETTI

Time to Table: 20 min
Servings: 2
Recipe Difficulty Level: Easy



LEMON HERB FLOUNDER WITH CREAMED SPINACH & SHALLOTS

Time to Table: 20 min
Servings: 2
Recipe Difficulty Level: Easy



LEMON CAPER PICCATA TILAPIA WITH SAUTÉED ZUCCHINI NOODLES

Time to Table: 15 min
Servings: 2
Recipe Difficulty Level: Easy



MISO BROWN SUGAR ALASKAN POLLOCK STIR FRY

Time to Table: 20 min
Servings: 2
Recipe Difficulty Level: Easy



SESAME GINGER WILD SALMON RAMEN NOODLES & VEGETABLES

Time to Table: 20 min
Servings: 2
Recipe Difficulty Level: Easy

Support your Immune Health by Eating a Variety of Seafood.



Eating seafood regularly can reduce stress and anxiety and keep the immune system functioning at its BEST!



Promotes Heart and Brain Health



Excellent Source of Vitamin D



Fish can Improve Sleep Quality



Seafood Eases Joint Pain and Fatigue



Seafood is delicious!



ROASTED GARLIC BECHAMEL SAUCE

Profile: Rich and hearty white sauce made with roasted garlic, heavy cream, and butter

Pairs with: Shrimp, all white fish, salmon, scallops, lobster, squid



LEMON HERB BUTTER SAUCE

Profile: Sharp to the taste with tangy, briny, and lively flavors

Pairs with: Shrimp, all white fish, salmon, scallops, lobster, squid



LEMON CAPER PICCATA SAUCE

Profile: Simple and classic citrus herb sauce; perfect for all types of seafood

Pairs with: Shrimp, all white fish, salmon, scallops, lobster, crab, squid



MISO BROWN SUGAR SAUCE

Profile: Classic Japanese umami flavor; perfect combination of salty, sweet, and savory

Pairs with: Shrimp, mahi-mahi, tuna, salmon, scallops, squid, cod, pollock, swai, halibut



SESAME GINGER SAUCE

Profile: Sesame and ginger; a popular combination of fragrance and delicate nutty, sweet, and slightly bitter flavors

Pairs with: Shrimp, mahi-mahi, tuna, salmon, scallops, squid, cod, pollock, swai, halibut



TIME TO TABLE

20

minutes

SERVINGS

2

DIFFICULTY: **EASY**

INGREDIENTS LIST:

- Roasted Garlic Bechamel Sauce (see page 14 for recipe)
- 12 oz Aqua Star Raw Shrimp, peeled, tail-off, thawed according to package directions
- 3 oz red lentil spaghetti, uncooked
- 1 Tbsp butter
- 2 cups baby spinach
- ¼ cup Parmesan cheese, shredded
- Salt and pepper to taste



AQUA STAR RAW SHRIMP

<https://www.aquastar.com/shop/raw-peeled-tail-off-shrimp/>

GARLIC BUTTER SHRIMP WITH SPINACH & RED LENTIL SPAGHETTI

SAVORY AND DELICIOUS WITH VITAMINS AND NUTRIENTS!

Succulent shrimp in a creamy, garlic butter sauce with baby spinach and red lentil spaghetti. Simple, healthy and oh-so delicious!

PREPARATION INSTRUCTIONS:

Prepare Roasted Garlic Bechamel Sauce per instructions on page 14. Reheat slightly if made in advance.

Cook the red lentil spaghetti according to package directions.

While spaghetti is cooking, cook shrimp according to package directions.

Add shrimp to the cooked spaghetti and toss with the butter, spinach, and Parmesan cheese. Drizzle with desired amount of Roasted Garlic Bechamel Sauce and toss until coated. Sprinkle with additional Parmesan cheese. Serve and enjoy!

CHEF TIPS:

Swap out red lentil noodles with any of your favorite pastas.



TIME TO TABLE

20

minutes

SERVINGS

2

DIFFICULTY: **EASY**

INGREDIENTS:

- Lemon Herb Butter Sauce (see page 14 for recipe)
- 1 lb Aqua Star Flounder, cooked according to package directions
- 4 cups baby spinach
- ¼ cup shallots, sliced
- 1 clove garlic, chopped
- Olive oil
- Salt and pepper to taste



LEMON HERB FLOUNDER WITH CREAMED SPINACH & SHALLOTS

SIMPLE AND PACKED WITH FLAVOR. Lemony, delicate flounder pairs perfectly with creamy, leafy spinach, shallots and garlic. A quick, healthy meal for lunch or dinner!

PREPARATION INSTRUCTIONS:

Prepare Lemon Herb Butter Sauce per instructions on page 14. Reheat slightly if made in advance.

Cook fish per package instructions.

While fish is cooking, heat 1 TBSP olive oil in a medium skillet over medium-high heat. Add shallots and garlic, and sauté for 1 minute, until slightly toasted. Place the spinach in the skillet, add salt and pepper to taste, and continue sautéing for 2 minutes, or until nicely wilted.

Pour part of Lemon Herb Butter Sauce into skillet (reserve some sauce for final drizzle), and toss to evenly coat, about 1 minute.

Divide spinach between two plates, add flounder and drizzle remaining sauce over fish. Enjoy!

CHEF TIPS:

Enjoy with a squeeze of lemon and if you're craving a little carb add some crusty bread or roasted baby potatoes.



AQUA STAR ALASKAN FLOUNDER FILLETS

<https://www.aquastar.com/shop/alaskan-flounder-fillets/>



TIME TO TABLE

15

minutes

SERVINGS

2

DIFFICULTY: **EASY**

INGREDIENTS LIST:

- Lemon Caper Piccata Sauce (see page 14 for recipe)
- 1 lb Aqua Star Tilapia, cooked according to package directions
- ½ pound package of fresh Zucchini Noodles (Zoodles)
- 2 Tbsp Butter
- Salt and pepper to taste



LEMON CAPER TILAPIA WITH SAUTÉED ZUCCHINI NOODLES

LIGHT AND VIBRANT AND PACKED WITH ZEST. Al dente zucchini noodles and flaky tilapia smothered in our Lemon Herb Caper Piccata Sauce for a delicious healthy treat!

PREPARATION INSTRUCTIONS:

Prepare Lemon Caper Piccata Sauce per instructions on page 14. Reheat slightly if made in advance.

Cook fish per package instructions.

While fish is cooking, heat medium-large skillet over medium-high heat. Add butter to skillet, followed by zucchini noodles. Sauté, stirring regularly for 3—5 minutes until tender.

Pour part of Lemon Caper Piccata Sauce into skillet (reserve some sauce for final drizzle), and toss to evenly coat, about 1 minute.

Divide the zucchini noodles between two plates and top with the tilapia portions and sauce. Enjoy!

CHEF TIPS:

Add a side of sliced French bread and crisp white wine.



AQUA STAR TILAPIA FILLETS

<https://www.aquastar.com/shop/tilapia-fillets/>



TIME TO TABLE

SERVINGS

20

minutes

2

DIFFICULTY: **EASY**

INGREDIENTS LIST:

- Miso Brown Sugar Sauce (see page 15 for recipe)
- 1 lb Aqua Star Pollock, cooked according to package directions
- 2 cups long grain brown rice, cooked per package directions
- 1 Tbsp vegetable oil of choice
- ½ red bell pepper, julienned
- ½ yellow bell pepper, julienned
- ½ cup yellow onion, thinly sliced
- 1 cup snap peas
- 2 green onions, sliced in to 1" pieces for garnish



MISO BROWN SUGAR ALASKAN POLLOCK STIR FRY

BIG FLAVORS AND SO SATISFYING. Alaskan Pollock stir-fried with red and yellow peppers, onions and snap peas over brown rice with a savory, sweet Miso Brown Sugar Sauce.

PREPARATION INSTRUCTIONS:

Prepare Miso Brown Sugar Sauce per instructions on page 15. Reheat slightly if made in advance.

Cook rice per package directions.

Cook fish per package instructions.

While rice and fish are cooking, heat oil in a large skillet over medium-high heat. Once oil is hot, add bell peppers, onions and snap peas. Cook for about 7–10 minutes or until softened.

Carefully flake cooked fish and add to skillet with vegetables. Pour Miso Brown Sugar Sauce into skillet and toss to evenly coat, about 1 minute.

Serve over bed of brown rice. Enjoy!

CHEF TIPS:

To make low carb, use cauliflower rice instead of brown rice.



AQUA STAR POLLOCK FILLETS

<https://www.aquastar.com/shop/alaska-pollock-fillets/>



TIME TO TABLE

SERVINGS

20

minutes

2

DIFFICULTY: **EASY**

INGREDIENTS LIST:

- Sesame Ginger Sauce (see page 15 for recipe)
- 1 lb Aqua Star Salmon, cooked according to package directions
- 6 oz ramen noodles, uncooked
- 2 tsp toasted sesame oil
- ¼ cup carrots, shredded or matchstick julienned
- 2 green onions, thinly sliced
- 4 small sheets dried seasoned seaweed



SESAME GINGER SALMON WITH RAMEN NOODLES & VEGETABLES

THIS ONE IS A WEEKLY MUST! Sesame Ginger Wild Salmon over a bed of gluten-free ramen noodles, tossed with carrots, green onions, and topped with toasted seaweed. Intensely flavorful and delicious!

PREPARATION INSTRUCTIONS:

Prepare Sesame Ginger Sauce per instructions on page 15. Reheat slightly if made in advance.

Cook fish per package instructions.

While fish is cooking, cook ramen noodles according to package directions, about 3–5 minutes. Drain and return to pan. Toss noodles with the sesame oil, carrots, and green onions. Pour part of Sesame Ginger Sauce into pan (reserve some sauce for final drizzle), and toss to evenly coat, about 1 minute.

Divide noodle mixture among two plates and top with fish. Drizzle the remaining Sesame Ginger sauce over fish, sprinkle crumbled seaweed over the top and enjoy!

CHEF TIPS:

Can be easily made with a variety of other vegetables; edamame, cucumber, red pepper, cabbage... Mix it up!



AQUA STAR WILD PACIFIC SALMON

<https://www.aquastar.com/shop/wild-pacific-salmon-skin-on-portions-bulk/>



FIVE FLAVORFUL SEAFOOD SAUCES

Mix & Match with your favorite seafood. There is no one way! We encourage you to mix and match each of these delicious sauces with your favorite seafoods to keep your weekly seafood diet diverse and your taste buds satisfied.



ROASTED GARLIC BECHAMEL SAUCE

Ingredients:

2 Tbsp salted butter
1 Tbsp shallot, minced
1 Tbsp garlic, minced
1 Tbsp roasted garlic puree
½ cup white wine
½ cup chicken stock
¾ cup heavy cream
1/8 tsp nutmeg
¼ tsp dry basil
¼ tsp salt
¼ tsp pepper

Directions:

In a medium skillet over medium heat, melt butter. Add shallots, garlic, and roasted garlic puree and sauté for 30 seconds. Add the white wine and cook for 3 minutes. Add chicken stock, heavy cream, nutmeg, and basil and cook for an additional 8–10 minutes until the sauce has thickened to your liking. Add salt and pepper to taste.



LEMON HERB BUTTER SAUCE

Ingredients:

2 Tbsp unsalted butter
1 Tbsp shallot, minced
1 tsp garlic, minced
2 Tbsp lemon juice
½ cup white wine
½ cup clam juice
½ cup heavy cream
3 Tbsp parsley, roughly chopped
½ tsp salt & pepper

Directions:

In a medium skillet over medium heat, melt butter. Add shallots and garlic and sauté for 30 seconds. Add the lemon juice, white wine, and clam juice and cook for 5 minutes. Add heavy cream and parsley and cook for an additional 8–10 minutes until the sauce has thickened to your liking. Add a ½ tsp of salt and pepper to taste.



LEMON CAPER PICCATA SAUCE

Ingredients:

2 Tbsp unsalted butter
1 Tbsp shallots, minced
1 tsp garlic, minced
2 Tbsp lemon juice
½ cup white wine
½ cup chicken stock
2 Tbsp capers, drained and rinsed
½ cup heavy cream
2 Tbsp parsley, roughly chopped
¼ tsp salt

Directions:

In a medium skillet over medium heat, melt butter. Add shallots and garlic and sauté for 30 seconds. Add the lemon juice, white wine, chicken stock, and capers and cook for 5 minutes. Add heavy cream and parsley and cook for an additional 8–10 minutes until the sauce has thickened to your liking. Add salt to taste.



MISO BROWN SUGAR SAUCE

Ingredients:

2 Tbsp cornstarch
2 Tbsp cold water
1 Tbsp olive oil
1 tsp ginger puree
1 tsp garlic, minced
¼ cup soy sauce
¼ cup water
¼ cup mirin
2 Tbsp sake (optional)
1 Tbsp white miso paste
3 Tbsp brown sugar
2 Tbsp white sugar
1 Tbsp green onions, thinly sliced

Directions:

Whisk together cornstarch and water in a small bowl until fully combined; set aside. If the cornstarch slurry separates before the sauce is prepared whisk together to combine.

In a small pot over medium heat, add olive oil, ginger, and garlic and sauté for 30 seconds. Add the remaining ingredients except for the cornstarch slurry and cook 5 minutes constantly stirring until all the ingredients have been incorporated. Increase heat to high, when the sauce comes to a boil, rapidly whisk in the cornstarch slurry. Continue to cook until the sauce has thickened.



SESAME GINGER SAUCE

Ingredients:

1 Tbsp cornstarch
1 Tbsp cold water
1 Tbsp olive oil
2 tsp ginger puree
1 tsp garlic, minced
¼ cup soy sauce
¼ cup water
3 Tbsp brown sugar
2 Tbsp white sugar
½ Tbsp sesame seeds
2 Tbsp tahini or peanut butter
1 tsp sesame oil
1 Tbsp green onion, thinly sliced

Directions:

Whisk together cornstarch and water in a small bowl until fully combined; set aside. If the cornstarch slurry separates before the sauce is prepared whisk together to combine.

In a small pot over medium heat, add olive oil, ginger, and garlic and sauté for 30 seconds. Add the remaining ingredients except for the cornstarch slurry and cook 5 minutes constantly stirring until all the ingredients have been incorporated. Increase heat to high, when the sauce comes to a boil, rapidly whisk in the cornstarch slurry. Continue to cook until the sauce has thickened.

TIME SAVING TIP: All sauces can be prepared ahead of time and stored in the refrigerator for up to two weeks. Make two, three, or all five sauces and mix and match with your favorite seafood proteins.



Share Our Love of #SmartSeafood
Follow us on social media for recipes, tips and more!

