



# SEVEN DAYS, SEVEN RECIPES

The perfect recipe book to make your diet healthier  
with canned fish and seafood.





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We welcome you to a recipe book that will transform how you see canned fish and seafood, since from now on, they will be the perfect ally for having a nutritious diet in an easy and delicious way.

"Seven Days, Seven Recipes" offers you seven simple dishes based on canned fish and seafood that help you achieve a nutritious and varied diet in your daily life.

Spain is synonymous with excellence in canned and semi-preserved fish and seafood, with Galicia as the heart of a tradition deeply linked to the sea. Behind every can there is knowledge, experience, and a way of working that has made Spanish canned food a recognised benchmark worldwide.

Canned goods produced in Spain meet the highest food safety standards and offer carefully prepared and safe products, made from a wide variety of species such as tuna, mussels, sardines, mackerel, baby squid, cockles, or octopus, featured in multiple recipes like those included in this recipe book.

Tradition and innovation go hand in hand in an industry with over a century of history that has never stopped evolving. The incorporation of new technologies, practical formats, and sustainable solutions makes it possible to offer nutritious, versatile canned products adapted to modern lifestyles, without sacrificing flavour or quality.

This commitment to the product, people, and environment is supported by the work of ANFACO- CYTMA, which drives continuous improvement, innovation, and sustainability in the sector.

**So now you know, pull the ring and start taking care of yourself with every bite!**



# COURGETTE SOUP WITH TUNA AND VERMOUTH PEPPERS

Monday

## Ingredients

- 1 can of tuna in olive oil
- 2 courgettes
- 50 ml of double cream
- 1 red pepper
- 50 ml of red vermouth
- Salt and pepper to taste



🕒 20 / 25 Minutes

Difficulty ○○○

👤👤 2 Servers

Monday

## Preparation.

### 1. Courgette soup.

Wash and dice the courgettes. Cook in boiling salted water for 8-10 minutes until tender. Drain well (reserving 2-3 tablespoons of the cooking water to adjust the consistency), then blend until smooth and return to the saucepan. Stir in the double cream, mix well, and season with salt to taste.

### 2. Red pepper concassé with vermouth.

Finely dice the red pepper. If using a microwave: place the diced pepper in a bowl with a pinch of salt, 1 tbsp of the oil from the tuna, and the vermouth. Cover and cook on high power for 1-8 minutes until tender. If using a frying pan: sauté the pepper in the oil for 4-5 minutes, then add the vermouth and allow it to reduce for 1-2 minutes.

### 3. To serve.

Serve the warm soup into bowls, top with the pepper, and finish with the flaked tuna. Optional: add black pepper or orange zest.

## Tips and Variations

- For a silkier texture: Add a splash of the reserved cooking water while blending.
- Alcohol-free: Replace the vermouth with vegetable stock and a few drops of mild vinegar.
- Add some crunch with toasted bread or seeds.

# SARDINE AND SERRANO HAM WRAP

Tuesday

## Ingredients

- 1 large wrap tortilla (or 2 medium ones)
- 1 can of small sardines in olive oil
- 4 slices of serrano ham
- 1 avocado (in strips)
- Olive oil, oregano, thyme, minced garlic
- Chilli (to taste)
- Salt



🕒 08 / 10 Minutes

Difficulty ○○○

👤👤 2 Servers

Tuesday

## Preparation.

### 1. Quick dressing.

In a bowl, mix olive oil with oregano, thyme, garlic and a pinch of salt.

### 2. Creamy base and filling.

Cut the avocado into strips and place them on the tortilla. Arrange the serrano ham over the avocado and spread the dressing on top.

### 3. Seafood and spicy touch.

Place the small sardines along the wrap and sprinkle chilli to taste.

### 4. Closing.

Roll firmly (fold the ends if you want) and, optional, brown for 30–45 s on a griddle on each side to seal.

## Tips and Variations

- Juicier: add 1 teaspoon of the oil from the can to the dressing.
- Fresh and crunchy: add fine green leaves or cucumber strips.
- Mild version: replace the chilli with lemon zest.
- To share: cut into "pincho" style portions.

# COCKLE CEVICHE WITH LIME AND SWEETCORN

Wednesday

## Ingredients

- 1 can of cockles (with their juice)
- Juice of 3 limes + zest of 1
- 1/4 red onion, thinly sliced
- 1/2 cucumber, diced (or 1/2 avocado, diced, optional)
- 1 mild chilli, chopped (optional)
- A handful of sweetcorn
- Chopped coriander
- Salt and pepper



15 / 12 Minutes

Difficulty



2 Servers

Wednesday

## Preparation.

### 1. Citrus Base.

In a bowl, mix the lime juice with a pinch of salt and pepper. Add the onion and leave for 5 min to soften.

### 2. Main Mix.

Incorporate cucumber (or avocado), chilli pepper if using it, and the cockles. Add 1-2 tbsp of the juice from the can and mix gently.

### 3. Quick rest and finish.

Leave for 3-4 min for the flavours to integrate (the cockles are already prepared). Serve with coriander and toasted corn on top. Finish with lime zest.

## Tips and Variations

- For a creamier texture, add 1-2 teaspoons of natural yoghurt or a splash of coconut milk.
- Mild version: omit the chilli and boost with extra lime zest and coriander.
- On toast: crispy bread + thin slices of avocado + ceviche on top.
- Fruity twist: some diced mango adds a spectacular contrast.

# BABY SQUID IN THEIR INK WITH AJOBLANCO MAYONNAISE AND PICKLES



Thursday

## Ingredients

### For the filling:

- 1 can of baby squid in their ink
- 2 bao buns

### For the mayonnaise:

- 100 ml whole milk
- 1 garlic clove (remove the germ)
- 80 g almonds or cashews
- 300 ml sunflower oil
- Salt and pepper

### For the quick pickles:

- 1 large red onion
- 1 cucumber
- 1 bay leaf
- 1/2 tsp oregano
- Juniper berries (2 g) and whole black peppercorns (3 g)
- 1/2 cup white vinegar
- 1/2 cup mixed orange and lemon juice

🕒 15 / 20 Minutes

Difficulty ○○○

👤👤 2 Servers

## Preparation.

### 1. Ajoblanco Mayonnaise (2–3 min).

Blend the milk, garlic and nuts for 50 seconds. Slowly drizzle in the oil at medium speed until emulsified. Season and chill.

### 2. Quick pickles (5–8 min + brief resting time).

Feather-cut the onion and thinly slice the cucumber into half-moons. Mix with the bay leaf, oregano, juniper and peppercorns. Pour in the vinegar and citrus juice; massage for 30s. Rest for 5 minutes to gain shine and freshness.

### 3. Baby squid and bao.

Gently warm the squid and their sauce in a small pan over low heat for 1–2 minutes. Steam the bao buns according to the package instructions (usually 3–5 minutes).

### 4. Assembly.

Spread ajoblanco mayonnaise inside the bao, add squid with ink, top with pickles and close. Serve immediately.

## Tips and Variations

- More contrast: finish with orange zest or a few coriander leaves.
- Dairy-free: replace the milk with a plant-based alternative.
- Texture: sprinkle a handful of chopped toasted peanuts or almonds at the end.

# LONGFIN TUNA AND ANCHOVY PIZZA

Friday

## Ingredients

- 1 can of longfin tuna in olive oil
- 1 can of anchovies in olive oil
- 1 pizza base
- 3 tbsp tomato sauce
- 2 tomatoes
- 2 balls of mozzarella
- Olives, to taste
- Fresh basil



10 / 12 Minutes

Difficulty



2 Servers

Friday

## Preparation.

1. Preheat the oven to 200 °C.
2. Base: spread the tomato sauce over the pizza base.
3. Cheese and tomato: slice the mozzarella and tomatoes; arrange evenly.
4. Seafood flavour: add the olives and, if desired, a drizzle of the anchovy oil to enhance the taste.
5. Oven: cook for 10–15 minutes, until the cheese melts and the base is golden.
6. Finish: remove from the oven and top with flaked longfin tuna and anchovies, allowing the residual heat to warm them without drying out.
7. Fresh touch: finish with fresh basil.

## Tips and Variations

- Extra crunch: preheat the baking tray as well or use a bake stone.
- Herbal touch: sprinkle oregano before baking; top with fresh rocket after.
- Juicier: mix a tablespoon of the tuna oil into the tomato sauce.

# BROTHY RICE WITH PICKLED MUSSELS

Saturday

## Ingredients

- 2 cans of pickled mussels (with their juice)
- 2 tomatoes (peeled and diced concassé)
- 1/2 onion (finely chopped)
- 2 cups of short-grain rice
- Olive oil
- Salt



 20 / 25 Minutes

Difficulty 

 2 Servers

Saturday

## Preparation.

### 1. Quick sofrito.

Gently cook the onion in a little oil for 3–4 minutes. Add the diced tomatoes and cook for a further 2–3 minutes until the raw flavour disappears.

### 2. Toasting the rice and pouring the liquid.

Add the rice, stir for a few seconds, then pour in approximately 4 cups of hot water. Season and cook over medium heat for 15–17 minutes, aiming for a brothy consistency.

### 3. Final seafood touch.

Stir in the pickled mussels and 2–3 tablespoons of their juice. Remove from the heat and let them rest for 2–3 minutes before serving.

## Tips and Variations

- More flavour: replace part of the water with a light vegetable or fish stock.
- Colour and freshness: finish with parsley or finely chopped spring onion.
- Perfect texture: if it reduces too much, add a splash of hot water at the end to keep it brothy; if it's too watery, increase the heat for 1–2 minutes without a lid.
- Quick version: use pre-cooked rice; heat the sauté with a little water or stock, add the rice, and finish with the mussels and their pickling juice off the heat.

Sunday

# MACKEREL SALAD WITH TOMATOES AND PIPARRA VINAIGRETTE



## Ingredients

Sunday

### For the salad:

- 1 can of mackerel in olive oil
- 1 raf tomato
- 1 pink tomato
- 1 kumato tomato
- 3 yellow cherry tomatoes
- 3 mint leaves
- Salt to taste

### For the vinaigrette

- 50 ml extra virgin olive oil
- 25 ml lime juice
- 7 piparras, thinly sliced
- 1 tbsp chopped parsley
- A few drops of Tabasco (optional)

## Preparation.

### 1. Vinaigrette.

In a bowl, emulsify the oil with the lime juice. Add sliced piparras, parsley, and, if desired, a few drops of tabasco. Set aside.

### 2. Tomatoes.

Cut the raf, pink, and kumato tomatoes into wedges or thick slices. Halve the yellow cherry tomatoes. Lightly season the tomatoes with salt to release their juice and help them combine better with the vinaigrette.

### 3. Assembly.

Arrange the tomatoes on a serving dish. Top with the drained mackerel in large fillets or chunks, taking care not to break it. Drizzle with the piparra vinaigrette and finish with mint leaves torn by hand.

## Tips and Variations

- You can use any tomato variety, combining different colours and textures.
- Add a tablespoon of the oil from the can to the vinaigrette for an extra seafood flavour.
- For a more filling dish, serve over cooked legumes (beans or chickpeas) or with crusty bread.



10 / 12 Minutes

Difficulty



2 Servers

# FIVE REASONS TO CHOOSE CANNED PRODUCTS

Every time you choose a canned or semi-preserved fish or seafood product, you're choosing to add a highly nutritious item to your diet.



## They support your cardiovascular health.

The best allies for maintaining cardiovascular health due to the exceptional quality of their fat, a source of omega-3 fatty acids EPA and DHA (between 40 and 500 mg/100g) which contribute to the normal function of the heart.



## They help maintain muscles and bones in normal condition.

Due to their high content of easily digestible, high-quality proteins rich in essential amino acids, they contribute to increasing and preserving muscle mass. They also contain vitamin D and calcium, which are essential for developing and maintaining bones and teeth in normal condition at all ages.



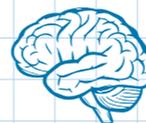
## They help strengthen the body's defences.

They contain significant amounts of vitamins (such as B12 and B6) and minerals (like iron and selenium, for example) that contribute to the normal functioning of the immune system.



## They help prevent tiredness and fatigue.

When it comes to exercise and physical activity, the vitamins and minerals in canned fish and shellfish help reduce tiredness and fatigue, such as vitamins B2, B3, B6, and B12, and the minerals iron and magnesium, which are mainly found in bivalve molluscs.



## They help strengthen the nervous and cognitive systems.

Historically, the development of the brain and cognitive function has been associated with the consumption of omega-3 fatty acids, which are also present in canned fish and seafood. Additionally, other components in these products also provide beneficial effects on the brain and nervous system in general, as they contribute to the normal functioning of the nervous system, such as B vitamins (B1, B2, B3, B6, and B12), and minerals like magnesium, potassium, and iodine.





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