



WEEKNIGHT FAMILY FAVOURITES



QUICK + EASY + DELICIOUS

Inspired by High Liner Foods, experts on feeding today's families

BACK TO ROUTINE, BACK TO THE *TABLE*



Ask any parent with school-aged kids how they feel about back-to-school and they'll say the fall months feel like a sprint. We crave routine after the slower, looser days of summer,

but before long, the backpacks are heavy with homework, the calendar is jam-packed and dinner needs to be fast.







That's why we've partnered with our friends at High Liner Foods to help take the stress out of weeknight meals. This iconic Canadian company has been a staple for more than a century—from first supplying fishing fleets in Lunenburg, Nova Scotia, to introducing Canada to fish sticks in the 1950s. Today, High Liner is the most trusted brand in frozen seafood in Canada. Who could possibly know more about feeding Canadian families delicious seafood?

But you don't have to take our word for it. Keep reading for six weeknight recipes from High Liner Foods that your family will ask for again and again.

Katie

Katie Dupuis
Editor, *ParentsCanada*

DID YOU KNOW...

-  High Liner Foods was founded in 1899 by the Smith brothers of Lunenburg, Nova Scotia, quickly becoming one of Atlantic Canada's largest saltfish exporters.
-  The company soon grew beyond its community, bringing seafood to Canadians from coast to coast.
-  Over the years, High Liner has continually added new species of fish, like haddock, pollock, salmon, tilapia and shrimp, to meet the interests of today's families.
-  Much of High Liner's products are made in Canada. Look for the maple leaf on product packaging.
-  High Liner is committed to responsible sourcing because we believe seafood should be enjoyed by all.
-  While proudly headquartered in Halifax, High Liner still operates its original historic waterfront facility in Lunenburg, NS.

CRANBERRY KALE *FISH* WRAP

Perfect for fall, this recipe combines sweet cranberry and crunchy kale with High Liner's classic fish sticks for a satisfying, kid-friendly meal.

Ingredients

- 1 box High Liner Crispy Breaded Fish Sticks
- 4 cups prepackaged kale slaw
- 1 avocado, sliced
- $\frac{3}{4}$ cup grated sharp cheddar
- $\frac{1}{2}$ cup mayonnaise
- $\frac{1}{2}$ cup unsweetened cranberry jelly
- $\frac{1}{4}$ cup cider vinegar
- 6 large flour tortillas

Instructions

1. Cook High Liner Crispy Breaded Fish Sticks as per package directions.
2. In a medium bowl, combine mayonnaise, cranberry jelly and vinegar. Add kale slaw to the bowl and toss until salad is well coated.

3. Divide slaw between tortillas and top with avocado, cheese and 3-4 fish sticks. Fold each end in and wrap tightly.
4. Place each wrap on a warm skillet, seam-side down, until golden. Flip and repeat on other side. Slice in half and serve.

HIGH LINER HIGHLIGHTS

9 g of protein per serving
Sustainably sourced
Wild caught
Made in Canada
No artificial colours,
flavours or preservatives





BREAKFAST BAGEL *FELT* SANDWICH

Featuring High Liner Crispy Breaded Fish Burgers, this sandwich works any time of day. It's also hands-on, easily customizable and a great way to get kids involved.

Ingredients for the sandwich

- 2 High Liner Crispy Breaded Fish Burgers
- 2 everything bagels, toasted
- 2 fried eggs
- Tomato, sliced
- Avocado, sliced
- Lettuce

HIGH LINER HIGHLIGHTS

14 g of protein per serving
Sustainably sourced
Wild caught
Made in Canada
No artificial colours,
flavours or preservatives

Ingredients for the tartar sauce

- ¼ cup mayo
- 1 tsp green onion, minced
- 2 tsp sweet pickle relish

Instructions

1. Cook High Liner Crispy Breaded Fish Burgers according to package instructions.
2. Meanwhile, in a small bowl, combine mayo, spring onion and sweet pickle relish to make tartar sauce.
3. When burgers are finished, spread both halves of the toasted bagels with tartar sauce. Assemble sandwiches by layering lettuce, tomato, fish burger, avocado and fried egg on the bottom bagel half. Close with top half.



FISH BURGER BAR

Nothing beats a “build your own burger” night. Set out toppings and let everyone create their own burger masterpiece.

Ingredients for the burgers

- 1 box High Liner Crispy Breaded Fish Burgers
- 4-5 burger buns
- 1 small onion, sliced
- 1 bell pepper, julienned
- 1 cup shaved lettuce
- ½ cup bruschetta or pico de gallo
- ½ cucumber, sliced
- 8-10 dill pickle slices
- ½ cup crispy onions
- 4-5 slices cheddar cheese
- Salt and pepper

Ingredients for the tartar sauce

- ¼ cup mayonnaise
- 2 tsp sweet relish
- 1 tsp mustard

Ingredients for the spicy aioli

- ¼ cup mayonnaise
- 1 tbsp sriracha

Instructions

1. Prepare High Liner Crispy Breaded Fish Burgers as per package directions.
2. In a medium pan over medium-high, sauté onions and peppers. Season with salt and pepper. Set aside.
3. In a small bowl, mix together relish, mustard and mayo for tartar sauce. In another small bowl, mix sriracha and mayo for spicy aioli.
4. Divide buns and burgers between plates.
5. Place toppings into small dishes and serve family-style, allowing everyone at the table to customize their own fish burgers.

HIGH LINER HIGHLIGHTS

14 g of protein per serving
Sustainably sourced
Wild caught
Made in Canada
No artificial colours,
flavours or preservatives





LITTLE HELPER'S DIY *FISH* TACO STATION

If burgers aren't your family's thing, a taco bar is just as great! This version features battered English-style fillets, hard and soft taco shells and all the toppings your crew could want.

Ingredients for tacos

- 1 box High Liner English Style Pollock
- 2 small avocados
- 1 lime, sliced into wedges
- ½ cup salsa verde
- ½ lb mozzarella cheese
- ½ cup chipotle aioli
- ½ cup crispy onions
- Hard taco shells
- Flour tortillas

Ingredients for sweet corn pico

- 1 cup frozen corn
- 1 bell pepper, diced
- 2 plum tomatoes, diced
- 1 small onion, diced
- 2 tbsp chopped cilantro

Extra toppings

- Shaved lettuce
- Coleslaw
- Sliced jalapenos
- Pickled onions
- Sour cream

Instructions

1. Prepare High Liner English Style Pollock as per package directions.
2. Peel and pit avocados. To a small bowl, add the inside flesh of the avocados and smash using the back of a fork (you can also use a mortar and pestle, if you like). Then, add 1 tbsp of salsa verde and stir to combine.
3. Grate cheese (your little helpers can handle this!).
4. In another small bowl, add peppers, onions, cilantro and tomatoes. Boil frozen corn, then drain and add (while warm) to the mixture. Add ¼ cup salsa verde and stir to combine.
5. Place toppings into small dishes (another perfect job for little ones) and heat tortilla shells as per package directions.
6. Slice cooked fish and add to a serving platter. Serve fish, toppings, hard taco shells and flour tortillas family-style and let everyone build their own tacos.

HIGH LINER HIGHLIGHTS

- 12 g of protein per serving
- Sustainably sourced
- Wild caught
- Made in Canada
- No artificial colours, flavours or preservatives



LEMON PEPPER SOLE PASTA

Turn pasta night into something special! This dish, featuring lightly breaded whole sole fillets, is packed with bright flavours like lemon, capers and sundried tomatoes.

Ingredients

- 3 Pan-Sear Selects Lemon Pepper Sole Fillets
- 4 cups rotini pasta
- 1 lemon
- 2 tbsp olive oil
- ¼ tsp salt
- ¼ tsp black pepper
- ¼ cup chopped sundried tomatoes (from the jar, in oil)
- ¼ cup finely chopped fresh parsley
- 2 heaping tbsp capers

Instructions

1. Cook rotini al dente according to package directions. Once done, rinse quickly under cool water and set aside. Meanwhile, zest the lemon, then cut in half and set aside.
2. Meanwhile, heat a large non-stick pan over medium. Add 3 Pan-Sear Selects Lemon Pepper Sole Fillets.
3. Cook fillets for 20 min, flipping once halfway through cooking.

4. Remove fillets from pan and set aside. To the same hot pan, add in the cooked rotini along with the lemon zest, juice from one half of lemon, olive oil, salt, pepper, sundried tomatoes, parsley and capers.
5. Sauté the pasta with the other ingredients for 3-4 min on medium-high, until completely heated through and transfer to a large serving bowl.
6. Flake the cooked sole fillets over top of the pasta and serve family-style.

HIGH LINER HIGHLIGHTS

- 19 g of protein per serving
- Sustainably sourced
- Wild caught
- Made in Canada
- No artificial colours, flavours or preservatives





JUMBO POPCORN *SHRIMP* TEX-MEX FOLDED TORTILLAS WITH FRIES

This Tex-Mex favourite layers High Liner Jumbo Popcorn Shrimp, gooey mozzarella, avocado, roasted red peppers and a little heat from jalapeño peppers.

Ingredients for tortillas

- 1 package High Liner Jumbo Popcorn Shrimp
- 2 cups grated mozzarella cheese
- 1 tsp chili powder
- 2 limes, sliced in half for garnish
- 4 flour tortillas
- 1 jalapeño, sliced into rounds
- 2 ripe avocados
- 2 tbsp salted butter
- 2 tbsp lime juice
- 2 tbsp cilantro
- 300 mL roasted red peppers, sliced

Ingredients for fry seasoning

- 1 bag frozen French fries
- 2 tbsp cilantro, fresh finely chopped
- 1 tsp chipotle chili powder
- ½ tsp garlic powder
- 1 lime, zested
- 1 tsp salt

Instructions

1. In a large bowl, stir together all seasonings for the fries. Toss frozen fries to coat.
2. Place Jumbo Popcorn Shrimp on a sheet pan with seasoned Tex-Mex fries on the same pan. Cook as directed on packaging.

3. Meanwhile, in a small bowl, smash together avocado flesh with lime juice and cilantro. Set aside.
4. Place a tortilla shell on a clean cutting board and cut a straight line from the center of the tortilla to the bottom edge. Imagine the tortilla in four quadrants. Spread the smashed avocado in the bottom right quadrant. Lay drained roasted red peppers on the second quadrant right above. On the third quadrant, to the left of the peppers, place the cooked jumbo shrimp sprinkled with chili powder. On the last quadrant, add the mozzarella cheese with jalapeños.
5. Fold the avocado quadrant onto the roasted red pepper quadrant. Then fold the double layer onto the Jumbo Shrimp quadrant, and finish by folding onto the mozzarella quadrant. You will be left with a triangle.
6. Heat butter in a large non-stick skillet over medium. When the butter is melted, add the tortilla and cook until golden and crisp on the outside, 2 to 3 min per side. Remove from the pan and repeat with remaining tortillas and filling ingredients.

TIP: If your family doesn't love a ton of spice, you can use less chili powder and skip the jalapeños to manage the heat.

HIGH LINER HIGHLIGHTS

- 11 g of protein per serving
- Sustainably sourced
- Tail-off and deveined
- No artificial colours, flavours or preservatives



YOUR *EASY* WEEKNIGHT GROCERY GUIDE

Keep this list handy when you're in the grocery store so you know what to pick up for each dish. Each recipe includes a High Liner Foods product, plus you'll stock up on the simple add-ons you'll need to make all of these recipes.

Cranberry Kale Fish Wrap Frozen / Seafood

- ☐ 1 box High Liner Crispy Breaded Fish Sticks

Produce

- ☐ 1 bag kale slaw
- ☐ 1 avocado

Dairy

- ☐ 1 block sharp cheddar cheese

Pantry / Shelf-Stable

- ☐ 1 jar mayonnaise
- ☐ 1 jar unsweetened cranberry jelly
- ☐ 1 bottle cider vinegar

Bakery

- ☐ 1 package large flour tortillas



Breakfast Bagel FELT Sandwich Frozen / Seafood

- ☐ 1 box High Liner Crispy Breaded Fish Burgers

Produce

- ☐ 1 tomato
- ☐ 1 avocado
- ☐ 1 head lettuce
- ☐ 1 green onion

Dairy

- ☐ 1 carton eggs
- ☐ 1 jar mayonnaise

Pantry / Shelf-Stable

- ☐ 1 jar sweet pickle relish

Bakery

- ☐ 2 everything bagels



Fish Burger Bar Frozen / Seafood

- ☐ 1 box High Liner Crispy Breaded Fish Burgers

Produce

- ☐ 1 small onion
- ☐ 1 bell pepper
- ☐ 1 cucumber
- ☐ 1 head lettuce

Dairy

- ☐ 1 package cheddar cheese slices
- ☐ 1 jar mayonnaise

Pantry / Shelf-Stable

- ☐ 1 container bruschetta or pico de gallo
- ☐ 1 jar dill pickle slices
- ☐ 1 package crispy onions
- ☐ 1 jar sweet relish
- ☐ 1 jar mustard
- ☐ 1 bottle sriracha
- ☐ Salt and pepper

Bakery

- ☐ 1 package burger buns (4–5 count)



Little Helpers' DIY Fish Taco Station

Frozen / Seafood

- ☐ 1 box High Liner English Style Pollock
- ☐ 1 bag frozen corn

Produce

- ☐ 2 avocados
- ☐ 1 lime
- ☐ 1 bell pepper
- ☐ 2 plum tomatoes
- ☐ 1 small onion
- ☐ Cilantro
- ☐ 1 head lettuce
- ☐ 1 bag coleslaw mix
- ☐ 1 jalapeño

Dairy

- ☐ 1 block mozzarella cheese
- ☐ 1 container sour cream

Pantry / Shelf-Stable

- ☐ 1 jar salsa verde
- ☐ 1 jar chipotle aioli
- ☐ 1 container crispy onions
- ☐ 1 package hard taco shells
- ☐ 1 package soft taco shells
- ☐ 1 jar pickled onions



Lemon Pepper Sole Pasta Frozen / Seafood

- ☐ 1 box Pan-Sear Selects Lemon Pepper Sole Fillets

Produce

- ☐ 1 lemon
- ☐ Parsley

Pantry / Shelf-Stable

- ☐ 1 package rotini pasta
- ☐ 1 bottle olive oil
- ☐ Salt
- ☐ Black pepper
- ☐ 1 jar sundried tomatoes in oil
- ☐ 1 jar capers



Jumbo Popcorn Shrimp Tex-Mex Folded Tortillas with Fries

Frozen / Seafood

- ☐ 1 package High Liner Jumbo Popcorn Shrimp
- ☐ 1 bag frozen French fries

Produce

- ☐ 2 avocados
- ☐ 2 limes
- ☐ Cilantro
- ☐ 1 jar roasted red peppers
- ☐ 1 jalapeño

Dairy

- ☐ 1 block mozzarella cheese
- ☐ Salted butter

Pantry / Shelf-Stable

- ☐ Chili powder
- ☐ Chipotle chili powder
- ☐ Garlic powder
- ☐ Salt

Bakery

- ☐ 1 package flour tortillas



HIGH LINER FOODS
Changing the way we see food

For more delicious recipe ideas, visit highliner.com or
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