



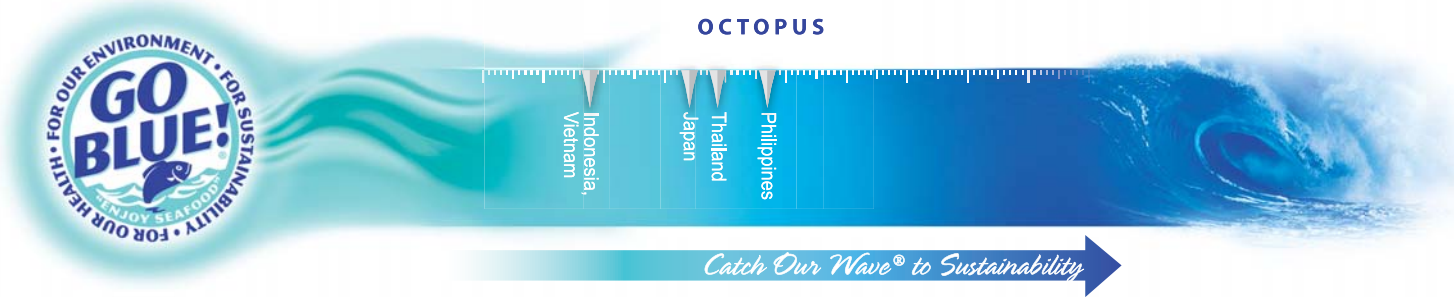
www.cport.net

# YANAGIDAKO *Paroctopus dofleii*

## Cooked Octopus



## GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM



Sea Port is committed to sustainability, as defined by the **United Nations' Brundtland Commission** (link: [www.un.org/en/globalissues/environment](http://www.un.org/en/globalissues/environment)). It is the ability to "meet present needs without compromising the ability of future generations to meet their needs." We believe seafood to be the best protein source for our health and for our environment; therefore we foresee future generations demanding a greater supply of seafood as both their population and economic prosperity grows. Sea Port will be dedicated to sustainably meeting this demand.



Product Specifications	
Count/Case	3, 4, 5, 6, 7, 8, 9, 10
Pack	1/22 LB IQF

For full package details, visit our website.

Yanagidako is a cleaned and fully cooked octopus and is entirely edible. The tentacles can be sliced thin and are quite tender and tasty. The skin has a pleasing red color while the meat is a creamy white. Sliced or diced yanagidako can be easily added to salads, ceviche, soups, and sushi preparations. For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)

<b>SEASONALITY</b> Jan Feb Mar April May June July Aug Sept Oct Nov Dec Low High	<b>FLAVOR</b> Mild Medium Strong Sweet	<b>TEXTURE</b> Soft Medium Firm Meaty
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For more detailed seasonality, visit our website

### RECIPE SUGGESTION



#### Octopus Salad

**INGREDIENTS:**

- 2 pounds cooked octopus
- 1 cup english cucumber (julienne sliced)
- 1/4 cup red onion (thinly sliced)
- 3 cloves clove garlic (peeled and minced)
- 1 tsp thyme leaves (chopped fresh)
- 2 tbsps sambal
- 2 tbsps sea salt
- 1 tsp ground white pepper
- 1/2 cup olive oil
- 2 tsps balsamic vinegar (white)
- 1/4 cup lemon juice
- 2 roma tomatoes (thinly sliced)
- 2 tbsps chives (minced)

**DIRECTIONS:**

Cut the octopus into pieces. In a large bowl, add the cucumbers, onions, garlic, thyme, sambal, sea salt, white pepper, olive oil, white balsamic vinegar, and lemon juice. Toss to combine and well mixed. Add the octopus, tossing to coat with the dressing, then add the tomatoes and chives. Gently toss, being careful not to break or bruise the tomatoes and chives. Cover and refrigerate for 1 to 2 hours. Transfer the salad to serving plates with a slotted spoon and drizzle with remaining dressing.

Preparation time: 1 hr 50 mins Serves 6-8

Nutrition Facts	
Serving Size 85g	
Servings Per Container about 124	
Amount Per Serving	
<b>Calories</b> 139	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>2%</b>
Trans Fat 0g	
<b>Cholesterol</b> 82mg	<b>27%</b>
<b>Sodium</b> 391mg	<b>16%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 25g	
Vitamin A 5%	Vitamin C 11%
Calcium 9%	Iron 45%

INGREDIENTS: Octopus.

<http://www.yummly.com/recipe/external/Octopus-Salad-with-Spiced-Cucumber-Food-Network-289372>

**METHOD OF HARVEST: Wild Harvest; Dive & Trap FAO 61**  
**COUNTRY OF ORIGIN: Japan**

<b>WEST COAST</b> 131 7th Avenue, West, Kirkland, WA 98033 ph: (425) 827-2800 fx: (425) 827-7125	<b>EAST COAST</b> 536 Fayette Street, Perth Amboy NJ 08861 ph: (732) 826-9400 fx: 732.826.8195	e-mail: <a href="mailto:sales@cport.net">sales@cport.net</a> <a href="http://www.cport.net">www.cport.net</a>
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Visit our website for more information on this item



www.cport.net

**EEL** *Anguilla rostrata*  
**Broiled Eel with Soy Sauce**



**GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM**

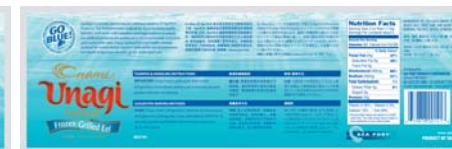


FARMED EEL



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**Product Specifications**

Size/Piece	8, 9, 10, 11 OZ/piece
Pack	1/22 LB IVP

For full package details, visit our website.

The snakelike fish is one of the most versatile and tasty. Eel contain no pinbones, so the boneless white meat is easily processed. Its white meat is flaky, rich, and somewhat sweet. Eel has rather high oil content and is best prepared grilled, smoked, sautéed, baked or stewed. For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)



For more detailed seasonality, visit our website



*Eel Nigiri Sushi*

**INGREDIENTS:**

- 3 1/3 cup short-grain sushi rice, rinsed
- 4 cups water
- 5 1/3 tablespoons sushi vinegar
- 1 (8 oz) Cnami Frozen Grilled Eel, thawed

**DIRECTIONS:**

Wash the rice until the water rinses clear. Drain the rice in a colander and let it stand for 30 minutes. Place the rice in a pot or rice cooker, and add 4 cups of water or follow the instructions on a rice cooker. Bring the water to a boil. Reduce the heat to a simmer and cover the pot. Cook for 15 minutes. Remove the cover, place a damp towel over the rice, and let cool for 10 minutes. Pour sushi vinegar over cooked rice and mix it gently. Cool down to room temperature. The lid should remain open. Slice the eel very thinly into bite-sized pieces. Hand-mold fingers of rice and place thin slices of fish on the top. Wrap with a piece of seaweed and top with sesame seeds.

Preparation time: 1 hr 40 mins Serves 8

<http://www.foodnetwork.com/recipes/40-a-day/nigiri-sushi-recipe/index.html>

**Nutrition Facts**

Serving Size 4 oz Raw (112g)  
 Servings Per Container about 3

Amount Per Serving	
<b>Calories</b>	330 Calories from Fat 220
	<b>% Daily Value*</b>
<b>Total Fat</b> 24g	<b>37%</b>
Saturated Fat 5g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 200mg	<b>80%</b>
<b>Sodium</b> 430mg	<b>21%</b>
<b>Total Carbohydrate</b> 0g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 3g	
<b>Protein</b> 23g	
Vitamin A	30% • Vitamin C 0%
Calcium	15% • Iron 20%

**INGREDIENTS:** Eel, Soy Sauce (Water, Soybeans, Wheat, Salt), Sweet Sake, and Sugar. Contains: Fish (Eel), Wheat, Soybeans.



Visit our website for more information on this item

**METHOD OF HARVEST:** Farmed  
**COUNTRY OF ORIGIN(S):** Taiwan, China

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# TOBIKO

*Cypselurus Poecilopterus*  
Flying Fish Roe



## GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM



FLYING FISH ROE

Taiwan

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### Product Specifications

Product	Orange, Green Black & Red
Pack	12/1.1 LB Tub

For full package details, visit our website.

Flying Fish Roe is very nutritious and tasty. It is traditionally used in sushi and sashimi preparations. However, it can also be used as a colorful garnish and as an ingredient in various side dishes.

For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)



Visit our website for more information on this item

**SEASONALITY** Low High

Jan Feb Mar April May June July Aug Sept Oct Nov Dec

**FLAVOR**

Mild Medium Strong Sweet

**TEXTURE**

Soft Medium Firm Meaty

For more detailed seasonality, visit our website

### RECIPE SUGGESTION



### California Salmon Rolls with Tobiko

#### INGREDIENTS:

- 2 cups japanese sushi rice
- 6 sheets nori (dry seaweed)
- 1/3 cup sesame seeds, toasted
- 1 avocado, peeled, pitted and sliced
- 1 cucumber, peeled, seeded and sliced
- 8 ounces smoked salmon, cut into long strips
- 4 oz cream cheese
- Sea Port flying fish roe
- Pickled ginger, Wasabi and Soy sauce for serving

#### DIRECTIONS:

Cover a bamboo rolling mat with plastic wrap. Cut nori sheets in half crosswise. Lay 1 sheet of nori, shiny side down, on the plastic covered mat. Wet your fingers with water and spread about 1/2 cup of the rice evenly onto the nori. Sprinkle the rice with sesame seeds. Turn the sheet of nori over so that the rice side is down. Place 1/8 of the cucumber, avocado, salmon and cream cheese in the center of the sheet. Grab the edge of the mat closest to you, keeping the fillings in place with your fingers, and roll it into a tight cylinder, using the mat to shape the cylinder. Pull away the mat and set aside. Cover with a damp cloth. Repeat until all of the rice has been used. Roll California Rolls in flying fish roe. Cut each roll into 6 pieces. Serve with pickled ginger, wasabi and soy sauce.

Preparation time: 2 hrs Serves 8 appetizer

<http://www.foodnetwork.com/recipes/alton-brown/california-roll-recipe/index.html>

**METHOD OF HARVEST: Wild Harvest**  
**COUNTRY OF ORIGIN(S): Taiwan**

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e-mail: [sales@cport.net](mailto:sales@cport.net)  
[www.cport.net](http://www.cport.net)

#### BLACK TOBIKO

#### Nutrition Facts

Serving Size 1/3 cup (100g)  
Servings Per Container 5

Amount Per Serving

**Calories** 160 Calories from Fat 60

% Daily Value

**Total Fat** 6g **11%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 355mg **118%**

**Sodium** 450mg **19%**

**Total Carbohydrate** 6g **2%**

Dietary Fiber 0g **0%**

Sugars 4g

**Protein** 21g

Vitamin A 15% • Vitamin C 25%

Calcium 2% • Iron 4%

**INGREDIENTS:** Flying Fish Roe, Sugar, Salt, D-Sorbitol, FD&C Yellow No.5 (Tartrazine), FD&C Blue No.1 (Brilliant Blue FCF), FD&C Red No.40 (Allura Red)

#### ORANGE TOBIKO

#### Nutrition Facts

Serving Size 1/3 cup (100g)  
Servings Per Container 5

Amount Per Serving

**Calories** 150 Calories from Fat 55

% Daily Value

**Total Fat** 6g **11%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 355mg **118%**

**Sodium** 230mg **10%**

**Total Carbohydrate** 2g **1%**

Dietary Fiber 0g **0%**

Sugars 3g

**Protein** 21g

Vitamin A 15% • Vitamin C 25%

Calcium 2% • Iron 4%

**INGREDIENTS:** Flying Fish Roe, Sugar, Salt, Vinegar, Bonito Powder, FD&C Yellow No.6 (Sunset Yellow FCF), FD&C Red No.40 (Allura Red)

#### GREEN WASABI FLAVORED

#### Nutrition Facts

Serving Size 1/3 cup (100g)  
Servings Per Container 5

Amount Per Serving

**Calories** 150 Calories from Fat 55

% Daily Value

**Total Fat** 6g **11%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 355mg **118%**

**Sodium** 180mg **8%**

**Total Carbohydrate** 1g **0%**

Dietary Fiber 0g **0%**

Sugars 4g

**Protein** 21g

Vitamin A 15% • Vitamin C 25%

Calcium 2% • Iron 4%

**INGREDIENTS:** Flying Fish Roe, Sugar, Salt, Maltose, Soy Sauce (Soybean, Wheat, Sugar, Salt, Water), Wasabi, Bonito Powder, FD&C Yellow No.6 (Sunset Yellow FCF), FD&C Yellow No.5 (Tartrazine), FD&C Blue No.1 (Brilliant Blue FCF)

#### RED TOBIKO

#### Nutrition Facts

Serving Size (100g)  
Servings Per Container 5

Amount Per Serving

**Calories** 150 Calories from Fat 50

% Daily Value

**Total Fat** 6g **11%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 355mg **118%**

**Sodium** 190mg **8%**

**Total Carbohydrate** 2g **1%**

Dietary Fiber 0g **0%**

Sugars 4g

**Protein** 21g

Vitamin A 15% • Vitamin C 25%

Calcium 2% • Iron 4%

**INGREDIENTS:** Flying Fish Roe, Sugar, Salt, Fructose, FD&C Red No.40 (Allura Red)



www.cport.net

# FROG LEGS Rana catesbeiana

## Cuisses de Grenouilles



## GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

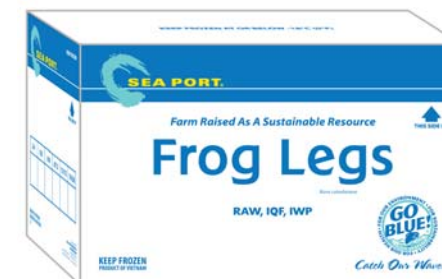
FARMED BULLFROG (FROG LEGS)



China, Vietnam

Catch Our Wave® to Sustainability

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Product Specifications	
Size	2/4, 4/6, 6/8, 8/12, 13/15 & 16/20 pairs/lb
Pack	6/5 LB IQF, IWP

- Individually Quick Frozen (IQF)
- Individually Wrapped (IWP)

For full package details, visit our website.

Frog Legs are mild in flavor and the meat is tender and juicy, a lot like chicken wings. As a menu item, Frog Legs bring the opportunity for restaurants to present one stand-out menu item that allows chefs to showcase their creative talents. Stylish restaurants are positioning this center of the plate item on menus, giving guests a great selection with a comfortable tender and moist sea "chicken" meat. For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)

SEASONALITY	FLAVOR	TEXTURE
<input type="checkbox"/> Low <input checked="" type="checkbox"/> High Jan Feb Mar April May June July Aug Sept Oct Nov Dec	<input type="checkbox"/> Mild <input checked="" type="checkbox"/> Medium <input type="checkbox"/> Strong <input type="checkbox"/> Sweet	<input type="checkbox"/> Soft <input type="checkbox"/> Medium <input type="checkbox"/> Firm <input checked="" type="checkbox"/> Meaty

For more detailed seasonality, visit our website

### RECIPE SUGGESTION

#### Frog Legs à la Provençal



#### INGREDIENTS:

- 12 6/8 SEA PORT Frog Legs
- 1 cup all-purpose flour, seasoned with salt & pepper
- 1/4 pound melted butter
- 2 tablespoons Extra Virgin Olive Oil
- 1/2 cup minced green onions
- 1/4 cup slivered garlic
- 1 cup diced tomatoes
- 1 ounce dry white wine
- 1 cup chicken stock
- 1/4 cup sliced green onions
- salt and pepper to taste

#### PREPARATION:

In a 10-inch sauté pan, heat butter and olive oil over medium high heat. Coat frog legs in seasoned flour, shaking off all excess. When butter is hot, sauté frog legs 2 to 3 minutes on each side. Add onions and garlic. Sauté 3 to 5 minutes or until vegetables are wilted. Add tomatoes and cook 2 to 3 additional minutes. Deglaze with white wine, then add chicken stock. Bring to a rolling boil. Then reduce to simmer and cook until frog legs are tender, 5 to 7 minutes. Sauce should be slightly thickened because of the flour in the skillet. Add green onions and season to taste using salt, pepper. Additional stock may be needed to return a sauce-like consistency.

Preparation time: 30 min Serves 6

#### Nutrition Facts

Serving Size 4 oz (112g)  
Servings Per Container 20

Amount Per Serving	
Calories 100 Calories from Fat 0	
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 360mg	<b>15%</b>
<b>Total Carbohydrate</b> <3g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 13g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 0%

INGREDIENTS: Frog Legs.

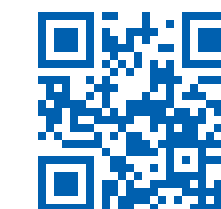
**METHOD OF HARVEST: Farm-Raised**  
**COUNTRY OF ORIGIN(S): China, Vietnam**

For more recipe suggestions, please e-mail [marketing@cport.net](mailto:marketing@cport.net)

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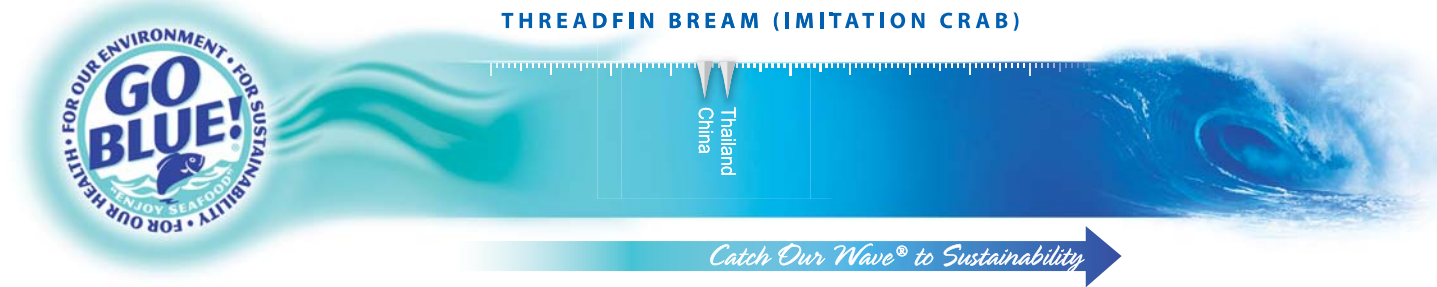
# IMITATION CRAB FLAKES & STICKS

Flavored Seafood Made with Surimi  
A Fully Cooked Fish Portion



## GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

THREADFIN BREEM (IMITATION CRAB)



Sea Port is committed to sustainability, as defined by the **United Nations' Brundtland Commission** (link: [www.un.org/en/globalissues/environment](http://www.un.org/en/globalissues/environment)). It is the ability to "meet present needs without compromising the ability of future generations to meet their needs." We believe seafood to be the best protein source for our health and for our environment; therefore we foresee future generations demanding a greater supply of seafood as both their population and economic prosperity grows. Sea Port will be dedicated to sustainably meeting this demand.

### AVAILABLE BRANDS

Sea Port



Fish for You



Ayeshan



- **First Ingredient: Threadfin bream; 32% - 38% dependent upon customer requirement**
  - **Pasteurized, Ready to Eat**
  - **Vacuum Packed**
  - **Filament Style**
  - **Stick Length: 6 Inches**
  - **Retail Packaging**
  - **Packed 12/2.5 LB or 30/1 LB**
- For full package details, visit our website.

Surimi seafood is a versatile, pre-cooked product with a mild, sweet flavor. It is a great seafood replacement for products such as shrimp, crab, and lobster. A ready-to-serve product, surimi seafood is also a popular choice in many sushi restaurants. Additionally surimi seafood is a major ingredient used by sandwich and salad manufacturers. Imitation Crab Flakes and Sticks are made with fish based Surimi. Surimi meaning "ground meat" in Japanese, is made from lean, white-fleshed fish. The Japanese have been using surimi-based products for over 800 years. Large-scale production of surimi was developed in Japan in the mid 1900's. The white, mild flavored fish are ground and processed leaving only a protein based paste (myofibrillar proteins) that is rubbery and firm when cooked. The original flavors and oils of the fish are removed, which allows for surimi to be used as a base for many different imitation seafood items. Various ingredients are used to provide the taste, texture and color of crab meat. These different ingredients all play a role in preserving the quality and taste of product that is a cooked, frozen, ready to eat seafood item! In 2006 FDA approved the use of the following description of surimi based products: Flavored Seafood Made with Surimi; A Fully Cooked Fish Protein! For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net).

SEASONALITY	FLAVOR	TEXTURE
<input type="checkbox"/> Low <input checked="" type="checkbox"/> High Jan Feb Mar April May June July Aug Sept Oct Nov Dec	Mild <input type="checkbox"/> Medium <input type="checkbox"/> Strong <input checked="" type="checkbox"/> Sweet	Soft <input type="checkbox"/> Medium <input type="checkbox"/> Firm <input checked="" type="checkbox"/> Meaty

For more detailed seasonality, visit our website



### Summer Crab Meat Salad in Cucumber Bowls

#### INGREDIENTS:

- 2 Tbsp cocktail sauce (with horseradish)
- 1/4 cup light mayonnaise
- 1 Tbsp lemon juice
- 1/4 Tsp dill weed
- 8 oz Sea Port Crab Flavored Seafood Flakes, chopped
- 2/3 cup celery, chopped fine
- 1 cucumber, sliced thin

#### DIRECTIONS:

Mix cocktail sauce, mayonnaise, lemon juice and dill weed until blended. Add Sea Port Crab Flavored Seafood Flakes and celery, mix well. Place about 1/2 cup of the crab meat salad on a slice of cucumber and roll around salad.

Preparation time: 10 min Serves 6-8

#### Nutrition Facts

Serving Size 15 Pieces (112g)  
Servings Per Container about 4

Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 10
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>1%</b>
<b>Sodium</b> 830mg	<b>34%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 4g	
<b>Protein</b> 10g	
Vitamin A	2% • Vitamin C 0%
Calcium	25% • Iron 4%

**NOTE:** Ingredients and nutritional information listed on this document are for Sea Port brand Imitation Crab.



Visit our website for more information on this item

INGREDIENTS: Surimi (threadfin bream, sugar, sodium polyphosphate to enhance texture), wheat, starch, soybean protein, soybean oil, sugar, salt, sorbitol to retain moisture, mono sodium glutamate to enhance taste, crab extract, crab flavor, rice wine, natural color (cochineal extract), water. CONTAINS: Fish (threadfin bream), Shellfish (crab extract and flavor), wheat and soybeans.

**METHOD OF HARVEST: n/a**  
**COUNTRY OF ORIGIN: China**

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# MARINARA MIX®

Perfect for seafood soups, paella, ceviche and stir-fry!



Perfect for seafood soups and pasta, paella, ceviche and stir-fry!



- Individually Quick Frozen-IQF
- Retail ready polybag packaging
- Product of Thailand



Product Presentation	Seafood Mix
Contains	Mussels, Shrimp, Baby Octopus, Surimi, Squid & Cuttlefish
Pack	20/1 LB IQF

For full package details, visit our website.

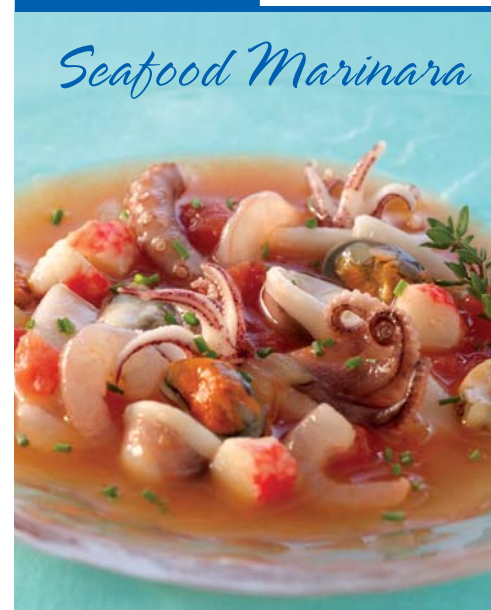
Sea Port's Marinara Mix combines the fruits of the sea: squid, mussels, cuttlefish, octopus, shrimp and bite-sized surimi. Processed in Thailand by select packers expressly for Sea Port, our Marinara Mix offers ultimate convenience for chefs and home cooks looking for a variety mix of ready-to-use seafood in one convenient bag.

For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)

<b>SEASONALITY</b> <input type="checkbox"/> Low <input checked="" type="checkbox"/> High Jan Feb Mar April May June July Aug Sept Oct Nov Dec	<b>FLAVOR</b> Mild <input type="checkbox"/> Medium <input checked="" type="checkbox"/> Strong <input type="checkbox"/> Sweet	<b>TEXTURE</b> Soft <input type="checkbox"/> Medium <input type="checkbox"/> Firm <input checked="" type="checkbox"/> Meaty
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For more detailed seasonality, visit our website

### RECIPE SUGGESTION



### Seafood Marinara

#### INGREDIENTS:

- 1 lb SEA PORT Marinara Mix
- 1 tablespoon olive oil
- 1/2 onion, finely chopped
- 2 cloves garlic, finely chopped
- 1/2 cup white wine
- 3 cups good quality tomato sauce
- 1/4 teaspoon red pepper flakes
- 1/4 cup chopped parsley
- 12 ounces Angel hair pasta or linguini, cooked and drained

#### DIRECTIONS:

Defrost Marinara Mix, rinse and set aside. In a large skillet heat oil over medium high heat. Stir in onion and cook for 2 minutes. Add garlic and cook for 30 seconds. Add white wine and simmer for 2 minutes. Stir in tomato sauce and red pepper flakes. Bring sauce to a simmer and stir in Marinara Mix. Cook for 3 minutes. Stir in parsley and toss with pasta. Serve immediately.

Preparation time: 15 min Serves 6

**INGREDIENTS:** Blanched squid and/or cuttlefish strips\* (squid/cuttlefish, salt), cooked mussels (mussels, salt), blanched squid and/or cuttlefish tentacles\* (squid/cuttlefish, salt), blanched shrimp (shrimp, salt, sodium tripolyphosphate), imitation crab bites (water, surimi [processed fish], wheat starch, tapioca starch, soy protein, modified tapioca starch, sugar, palm oil, salt, crab extract, crab flavor, natural color: carmine, paprika oleoresin, flavor enhancer: disodium inosinate, disodium guanylate), blanched baby octopus slices (octopus, salt).

**CONTAINS:** Fish (threadfin bream, bigeye, lizard fish), crustacean shellfish (shrimp, crab), wheat, soybeans.

\*This product may contain squid and/or cuttlefish dependent upon season availability.

### Nutrition Facts

Serving Size 3 oz (85g)  
Servings Per Container about 5

Amount Per Serving	
<b>Calories</b> 58	Calories from Fat 10
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>1%</b>
Trans Fat 0g	
<b>Cholesterol</b> 140mg	<b>47%</b>
<b>Sodium</b> 430mg	<b>18%</b>
<b>Total Carbohydrate</b> 1g	<b>1%</b>
Dietary Fiber 0g	<b>1%</b>
Sugars 0g	
<b>Protein</b> 10g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	6%

**COUNTRY OF ORIGIN: Thailand**

**WEST COAST**  
131 7th Avenue, West, Kirkland, WA 98033  
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**EAST COAST**  
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[www.cport.net](http://www.cport.net)



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www.cport.net

# WAKAME

## Seasoned Seaweed Salad



# GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

FARMED WAKAME SEAWEED



Taiwan

Catch Our Wave® to Sustainability

Sea Port is committed to sustainability, as defined by the **United Nations' Brundtland Commission** (link: [www.un.org/en/globalissues/environment](http://www.un.org/en/globalissues/environment)). It is the ability to "meet present needs without compromising the ability of future generations to meet their needs." We believe seafood to be the best protein source for our health and for our environment; therefore we foresee future generations demanding a greater supply of seafood as both their population and economic prosperity grows. Sea Port will be dedicated to sustainably meeting this demand.



Product Specifications	
Product	Plastic Tub
Pack	6/4.4 LB Tub

For full package details, visit our website.

Our Seasoned Seaweed Salad is very nutritious and tasty. It can stand alone as a healthy side dish or be added to soups and salads. For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net)

<b>SEASONALITY</b>	<input type="checkbox"/> Low <input checked="" type="checkbox"/> High	<b>FLAVOR</b>	<input type="checkbox"/> Mild <input type="checkbox"/> Medium <input checked="" type="checkbox"/> Strong <input type="checkbox"/> Sweet	<b>TEXTURE</b>	<input type="checkbox"/> Soft <input type="checkbox"/> Medium <input checked="" type="checkbox"/> Firm <input type="checkbox"/> Meaty
Jan Feb Mar April May June July Aug Sept Oct Nov Dec					

For more detailed seasonality, visit our website

### RECIPE SUGGESTION



### Seared Ahi Tuna Sandwich with Seaweed Salad

**INGREDIENTS:**  
 1 (4-ounce) Ahi tuna steak  
 Sesame Seeds  
 2 ounces Cnami Seaweed Salad  
 Hamburger bun  
 French Fries

**DIRECTIONS:**  
 Heat a small saute pan over medium-high heat. Sprinkle tuna steak with sesame seed, place in pan, flat side down, and sear the tuna to medium rare, approximately 3 to 4 minutes. The center should remain very pink. Serve on hamburger bun topped with Seaweed Salad and french fries on the side.

Preparation time: 10 mins Serves 1

### Nutrition Facts

Serving Size 1/3 cup (3.5 oz) (100g)  
 Servings Per Container about 20

Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 25
% Daily Value*	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 990mg	<b>41%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 3.5g	<b>14%</b>
Sugars 7g	
<b>Protein</b> 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 0%

**INGREDIENTS:** Seaweed, Agar, Wood ear Mushroom, Sugar, Salt, Soy Sauce, (Soybean, Wheat, Sugar, Salt, Water), Vinegar, Sesame Seeds, Sesame Oil, Chili, Chili Bean Sauce (Chili, Soybean, Salt, Wheat, Sugar), FD&C Yellow No. 5, FD&C Blue No. 1.

**METHOD OF HARVEST:** Wild Harvest  
**COUNTRY OF ORIGIN(S):** Taiwan, FAO 61

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