

JUST A TASTE

Fish 4 Ever

There are lots of good reasons to buy Fish 4 Ever tinned fish. That they are sustainably fished and taste great are two of them. This British range uses organic land ingredients and ensures none of its fish are endangered species. The fishing is seasonal to avoid breeding times; no dolphin or turtle-killing dragnets or long lines are used. Try the white (albacore) tuna fillet or the yellowfin tuna in organic sunflower oil. The fillets are firm but moist and the oil is rich and luscious. "Seafood is an important part of our diet," says the importer, Sandy Abram, of First Ray. "However, our oceans are being seriously overfished and depleted.



Unless we change our fishing and eating habits, some of our favourite fish will disappear from our seafood counter altogether." Anchovies and sardines are also in the range.

Yellowfin tuna in oil, \$8.90/120g;

yellowfin tuna in brine, \$7.65/120g;

white tuna in oil, \$11.70/120g.

For stockists, see www.firstray.com.au.

Leanne Tolra