



THE COOKBOOK

The DocannedStar Recipe Book

Six fast, low-cost meals from
ready-made cans — shelf to plate
in minutes.



WELCOME

Ready-made, ready to cook.

DocannedStar is a complete, shelf-ready canned-food brand — sardines, tuna, mackerel, luncheon meat, and a full range of vegetables & fruit. Every recipe in this book uses one can, and takes just 5–25 minutes, so a good meal is never more than a cupboard away.

FISH

MEAT

VEGETABLES

FRUIT



One can. One meal. Minutes.

No long shopping lists, no waste — just open, cook and enjoy.

WHAT'S INSIDE

Six recipes.

01 **Sardine & Egg Toast**

Sardines · 10 MIN

02 **Tuna, Avocado & Strawberry Bowl**

Tuna · 15 MIN

03 **Mackerel & Cabbage Tomato Stew**

Mackerel · 20 MIN

04 **Luncheon Meat Fried Rice**

Luncheon Meat · 15 MIN

05 **Sweet Corn Fritters**

Sweet Corn · 20 MIN

06 **Peaches & Yogurt Cups**

Peaches · 5 MIN



Every dish is built around a single DocannedStar can.

Sardine & Egg Toast

10 MIN

SERVES 2

SARDINES



A **10-minute**, high-protein breakfast — DocannedStar sardines mashed onto sourdough and topped with a soft egg.

Ingredients

- 1 can DocannedStar Sardines in oil, drained
- 2 thick slices sourdough
- 2 eggs
- 1 tbsp lemon juice
- Chilli flakes, parsley, salt & pepper

Method

- 1 Toast the sourdough until crisp.
- 2 Mash the sardines lightly with the lemon juice and a pinch of pepper.
- 3 Fry or poach the eggs to your liking.
- 4 Spread the sardines on the toast, top with an egg, finish with chilli flakes and parsley.

TIP

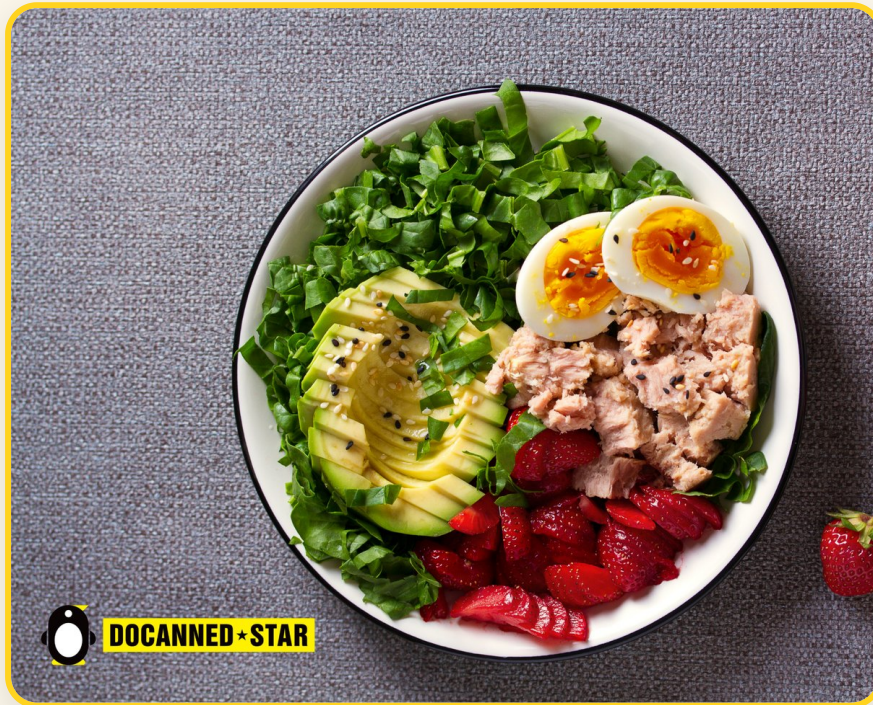
A little of the can's own oil drizzled on top keeps the toast moist.

Tuna, Avocado & Strawberry Bowl

15 MIN

SERVES 2

TUNA



A *fresh* salad bowl of DocannedStar tuna with creamy avocado, sweet strawberries and boiled egg.

Ingredients

- 1 can DocannedStar Tuna, drained
- 1 avocado, sliced
- A handful of strawberries, sliced
- 2 boiled eggs, halved
- Spinach or greens, olive oil, sesame seeds, lemon

Method

- 1 Lay a bed of spinach or greens in two bowls.
- 2 Arrange the tuna, sliced avocado and strawberries in sections.
- 3 Add the halved boiled eggs.
- 4 Drizzle with olive oil and lemon, and scatter over sesame seeds.

TIP

A squeeze of lemon over the avocado keeps it bright and green.

Mackerel & Cabbage Tomato Stew

20 MIN

SERVES 2

MACKEREL



*DocannedStar mackerel in tomato, simmered with soft cabbage and broccoli — a warm, spoonable **one-bowl** supper.*

Ingredients

- 1 can DocannedStar Mackerel in tomato sauce
- ¼ head cabbage, roughly chopped
- 1 tomato, diced
- A handful of broccoli florets
- 1 clove garlic, 1 tsp sugar, salt & pepper

Method

- 1 Soften the cabbage and garlic in a little oil until wilted.
- 2 Add the diced tomato and a splash of water; simmer to a light broth.
- 3 Stir in the mackerel with its tomato sauce and the broccoli; simmer gently for 5 minutes.
- 4 Season, and serve hot with the sauce spooned over.

TIP

A pinch of sugar balances the tomato and rounds out the broth.

Luncheon Meat Fried Rice

15 MIN

SERVES 2

LUNCHEON MEAT



The one-pan classic — diced DocannedStar luncheon meat, egg and rice, ready in 15 minutes.

Ingredients

- 1 can DocannedStar Chicken Luncheon Meat, diced
- 2 cups cooked, cooled rice
- 2 eggs
- Peas & sweet corn, spring onion
- 2 tbsp soy sauce

Method

- 1 Fry the diced luncheon meat until golden, then push to one side.
- 2 Scramble the eggs in the same pan.
- 3 Add the rice, peas and corn; toss with the soy sauce over high heat.
- 4 Finish with sliced spring onion.

TIP

Cold, day-old rice fries up far crispier than fresh.

Sweet Corn Fritters

20 MIN

SERVES 3

SWEET CORN



Crispy golden fritters from DocannedStar sweet corn — a moreish snack or side.

Ingredients

- 1 can DocannedStar Sweet Corn, drained
- 1 egg
- 4 tbsp flour
- 1 spring onion, chopped
- Salt, oil for frying

Method

- 1 Mix the corn, egg, flour and spring onion into a thick batter; season.
- 2 Heat a little oil in a pan.
- 3 Spoon in the batter and fry until golden on both sides.
- 4 Drain on paper and serve warm.

TIP

A spoon of sweet chilli on the side and they vanish in minutes.

Peaches & Yogurt Cups

5 MIN

SERVES 2

PEACHES



DocannedStar peaches over yogurt and granola — a five-minute dessert or breakfast.

Ingredients

- 1 can DocannedStar Peaches, drained & sliced
- 200 g yogurt
- Granola
- Honey, fresh mint

Method

- 1 Spoon the yogurt into two cups or glasses.
- 2 Top with the sliced peaches.
- 3 Add granola and a drizzle of honey.
- 4 Finish with a few mint leaves.

TIP

Use the peach syrup instead of honey for extra sweetness.

THE RANGE

One brand, a whole pantry.

Beyond these six recipes, the DocannedStar range covers fish, meat, vegetables and fruit — all shelf-ready under one brand, ready to stock and sell.

● Fish

Sardines

Tuna

Mackerel

● Meat

Luncheon Meat

Chicken Sausage

● Vegetables

Sweet Corn

Green Peas

Mushrooms

Mixed Vegetables

Baked Beans

Red Kidney Beans

Tomato Paste

● Fruits

Fruit Cocktail

Peach Halves

Lychee



READY WHEN YOU ARE

Order a brand that's already built.

DocannedStar is a complete, shelf-ready canned-food brand — skip the years of building your own and start selling a finished range.

Website docannedstar.com · docanned.com

WhatsApp +86 130 5550 1666

Email info@docanned.com

Since 1986 · exported to 86+ countries · shelf-ready under one brand

ISO 9001

ISO 22000

HACCP

HALAL

BRCGS

FDA

GMP