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Sea Cuisine® Seafood Entrees Offers Flavor, Variety, and Simplicity for the Whole Family

For those observing Lent this season, Sea Cuisine has a wide selection of seafood products that make preparing meals at home easy and delicious

Danvers, MA, March 8, 2013 – Today marks the half-way point of Lent, and Sea Cuisine® helps rejuvenate Friday meal options with easy and delicious fully-prepared frozen seafood entrees with flavorful crusts and finishing sauces. Sea Cuisine products are inspired by flavors from around the world and include popular fish favorites like Salmon, Tilapia and Cod. Products like Tortilla Crusted Tilapia, Applewood Smoked Salmon and Tuscan Herb Cod provide restaurant-quality seafood that can be prepared and enjoyed at home in minutes.

“Our chefs have traveled extensively to bring the best in seafood to Sea Cuisine products, so consumers can confidently prepare favorite dishes right in their kitchens, quickly and easily,” said Chris Trosin, Vice President of Sales and Marketing, High Liner Foods (USA). “For many people observing Lent who may need a boost of inspiration, or for those who simply enjoy seafood year round, now is a great time to create new excitement with seafood at home courtesy of Sea Cuisine.”

To add variety to seafood meals during the second half of Lent, or bring some fresh seafood taste into the winter months, try some of the most popular [products](#) from Sea Cuisine, available for \$6.99 at most retailers. Sea Cuisine product lines include:

- **Gourmet Crusted®:** Products feature a flavorful crust that stays crispy when baked. Try a popular flavor like the Tortilla Crusted Tilapia – flaky fillets with a tortilla, chipotle and lime crust. For extra flavor inspired by our Chef’s travels to Mexico, use Tortilla Crusted Tilapia to make [Sopes](#) – crispy tortillas topped with Tilapia, beans, poblano peppers, salsa and cheese.
- **Fire Roasted™:** Products are fully-prepared fillets that have been flame-roasted and seasoned through High Liner Foods’ proprietary flame-searing process that applies real flame to the fish. For a hearty meal, pair [Applewood Smoked Salmon with warm potato-apple salad](#) and ale dressing.
- **Pub Classics:** Battered favorites like shrimp and cod feature a beer batter made with an American microbrew beer or English Ale. Serve with fries and a pint of beer.

Home cooks can visit www.theseafoodspot.com – a destination for all things seafood – to search nearly 1,000 recipes by type of fish or cuisines like Asian, Caribbean, and Creole. The website also includes tips and techniques for cooking, along with articles and photos from popular seafood spots like the Mediterranean and Mexico, which are available to consumers looking for inspiration in the kitchen.

Sea Cuisine is available at local grocers and many favorite warehouse or club stores. Visit www.theseafoodspot.com to find out where to buy Sea Cuisine products, download a coupon and enter to win a \$1,000 seafood prize pack including an iPad mini with chef stand, authentic regional seasonings and more. For additional seafood inspiration, follow Sea Cuisine on [Pinterest.com/SeaCuisine](https://www.pinterest.com/SeaCuisine), and connect at [Facebook.com/SeaCuisineMeals](https://www.facebook.com/SeaCuisineMeals) and [Twitter.com/SeaCuisine](https://twitter.com/SeaCuisine).

About High Liner Foods Incorporated

High Liner Foods Incorporated is the leading North American processor and marketer of prepared, value-added frozen seafood. High Liner's branded products are sold throughout the United States, Canada and Mexico under the **High Liner**, **Fisher Boy**, **Mirabel**, **Sea Cuisine** and **Royal Sea** labels, and are available in most grocery and club stores. The Company also sells its products under the **High Liner**, **FPI**, **Mirabel**, **Viking**, **Icelandic Seafood**, **Samband of Iceland**, **Seastar**, and **Seaside** brands to restaurants and institutions, and is the major supplier of private label seafood products to North American food retailers and food service distributors. High Liner Foods is a publicly traded Canadian company, trading under the symbol HLF on the Toronto Stock Exchange.

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