



PRESS RELEASE

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## SAUSAGES FROM THE SEA

Why not throw a seafood sausage on the barbie this summer and keep it healthy!

Garry Aquilina of Nonna's Gourmet Sausages in Chipping Norton is proud to be the only licensed seafood sausage maker in NSW and loves the healthy addition to his gourmet sausage range.

Garry's garlic prawn sausage took out a bronze prize at the 2007 Royal Easter Show, and proved a winner over the summer holidays. Made from 100% best quality tiger prawns and natural casings, this sausage has a fresh, solid crunch and is totally gluten-free.

According to nutritionist Dr Rosemary Stanton\* (PhD APD), prawns are an excellent source of protein and a great way to get iron, zinc and vitamin E. As a bonus, Dr Stanton says prawns have very little fat and virtually no saturated fat and are a good source of omega 3.

"It's a great way to serve up something different and healthy for the family and to get the kids eating fish," said Garry.

"These low-fat, highly nutritious sausages are great with sweet chilli sauce or tartare, your favourite salad and crusty bread. They are also gluten free," he continued.

Other seafood sausages in the range include chilli prawn, barramundi and salmon.

Garry also produces a prize-winning range of gourmet meat sausages, one of which took out a gold medal at the 2007 Royal Easter Show.

Nonna's Gourmet Sausages are available direct to the customer from their Chipping Norton shop, and also from selected Harris Farm Markets, Penrith Seafoods and DeCosti outlets.

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### **For further information contact:**

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\*Press release, Australian Prawn Farmers Association, author Dr Rosemary Stanton, 30.8.02

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