

Seafood's cheaper for Easter

COLES and Woolworths are going head-to-head with an Easter seafood price war, where both are offering their popular rock lobsters for just \$22 each.

Next to chocolate, seafood sits on the top of the shopping list across Easter with popular choices this year tipped to include barramundi, Tasmanian Atlantic salmon, coral trout, blue crab and prawns, available from supermarkets and specialty seafood shops.

Seafood Industry Australia CEO Veronica Papacosta said mussels, octopus, calamari were becoming more popular at Easter because they provide excellent value for money and people were now much more comfortable cooking them.

“We always recommend people ask about under-utilised species which can be as delicious as their better known counterparts, but a fraction of the price,” she said.

Demand for oysters is expected to increase five-fold.

ALDI has a range of fresh and frozen seafood options