

Asian Style Tasmanian Atlantic Salmon Salad



Tasmanian Atlantic Salmon is the standout amongst Superfoods. It's rich in Omega 3s and other essential nutrients for healthy hearts, active minds and youthful looks. Fast and easy to prepare, feel super by enjoying it twice a week. Tasmanian Atlantic Salmon is super-easy Superfood.

Serves 4



Prep in 10min
Cook in 6min



Approx \$3.00
a serve

- ✓ 400g Tasmanian Atlantic Salmon fillets, brushed in olive oil
- ✓ 2 teaspoons vegetable oil (for frying pan)
- ✓ 1 Lebanese cucumber, quartered lengthways and sliced
- ✓ 1 small red onion, quartered and thinly sliced
- ✓ 100g pkt Asian salad greens
- ✓ 1/2 cup coriander leaves
- ✓ 2 tablespoons mint, shredded
- ✓ 2 tablespoons fresh lime juice
- ✓ 2 tablespoons fish sauce
- ✓ 1 1/2 tablespoons caster sugar
- ✓ 2 teaspoons vegetable oil (for salad)

Place salmon, skin up, in a pre-heated pan. Cook over medium heat for 3mins each side. Flake flesh when cool, then gently toss with Asian greens, cucumber, onion, coriander and mint in a large serving bowl. For dressing shake lime, fish sauce, sugar and vegetable oil together. Pour over salad just before serving.

Super-Easy Superfood

For more information visit tasmaniansalmon.com.au



Tasmanian
Atlantic
Salmon