

# Tasmanian Atlantic Salmon Cannelloni with Napoli & Fresh Basil



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 20mins,  
cook in 35



Approx \$4.75  
a serve

- ✓ 400g Tasmanian Atlantic Salmon fillet, skin removed
- ✓ 1 tablespoon sour cream
- ✓ 1 egg
- ✓ 16 Cannelloni tubes
- ✓ 1 1/2 cups tomato pasta sauce
- ✓ 1/2 cup vegetable stock or white wine
- ✓ 1/2 cup fresh basil leaves, roughly torn
- ✓ Light olive oil

Pre-heat oven to 200°C. Mince salmon, egg and sour cream then season. Pipe or spoon into cannelloni tubes and place in lightly oiled baking dish. Combine tomato sauce and stock then pour over cannelloni. Cover with foil and bake for 25-30mins until pasta is soft. Garnish with basil and serve.

*Super-Easy Superfood*

For more information visit [tasmaniansalmon.com.au](http://tasmaniansalmon.com.au)



Tasmanian  
Atlantic  
Salmon