

Smoked Tasmanian Atlantic Salmon Egg Rolls



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 10mins,
cook in 15



Approx \$3.00
a serve

- ✓ 250g smoked Tasmanian Atlantic Salmon
- ✓ 3 large eggs, whisked
- ✓ 2 teaspoons cornflour
- ✓ 2 teaspoons water
- ✓ 1 tablespoon chives, finely chopped
- ✓ A pinch of salt
- ✓ Light olive oil
- ✓ A bunch of rocket, trimmed
- ✓ 1 large carrot, peeled and grated
- ✓ 1/4 cup tartare sauce

Combine cornflour and water and then stir in eggs, chives and salt. To cook egg rolls, place a non-stick pan on high heat. Lightly oil and spoon in enough mixture to just cover the base. Cook four over a medium heat. Place salmon, tartare, carrot and rocket inside roll – and roll it.

Super-Easy Superfood

For more information visit tasmaniansalmon.com.au



Tasmanian
Atlantic
Salmon