

Smoked Tasmanian Atlantic Salmon & Spinach Frittata



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 6



Approx \$3.00
a serve

- ✓ 200g smoked Tasmanian Atlantic Salmon, sliced into strips
- ✓ 1 tablespoon butter
- ✓ 2 tablespoons light olive oil
- ✓ 4 spring onions, finely chopped
- ✓ 300g new potatoes, cooked until tender and cut into small chunks
- ✓ 2 cups baby spinach, roughly chopped
- ✓ 8 large eggs
- ✓ 2 tablespoons parmesan cheese, grated

Pre-heat oven to 180°C. Heat oil and butter in a pan and lightly brown onion and potato. After 3-4mins stir in spinach until wilted and allow mix to cool. Whisk eggs with parmesan and combine with vegetables and salmon. Season to taste and gently spoon into a lined baking tray. Cook in oven for 30mins until top is browned.

Super-Easy Superfood

For more information visit tasmaniansalmon.com.au



Tasmanian
Atlantic
Salmon