

Smoked Tasmanian Atlantic Salmon Corn Fritters and Salsa



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 20



Approx \$3.50
a serve

- ✓ 400g Smoked Tasmanian Atlantic Salmon
- ✓ 4 medium potatoes
- ✓ 400g can of corn kernels
- ✓ 1 egg, lightly whisked
- ✓ 1 avocado, chopped
- ✓ 2 tomatoes, diced
- ✓ 1 red onion, finely diced
- ✓ 1 lemon
- ✓ 1/2 cup coriander, chopped

Boil potatoes in salted water until cooked through. Peel and grate when cool. Mix with corn, egg, half the onion, salt, pepper and coriander, and roll into four balls. Squash the balls into patties in a hot, oiled pan and cook for 10mins. Create salsa by mixing tomato, avocado, onion and a squeeze of lemon. Top patties with smoked salmon and a sprig of coriander and serve salsa beside.

Super-Easy Superfood

For more information visit tasmaniansalmon.com.au



Tasmanian
Atlantic
Salmon