

BBQ Tasmanian Atlantic Salmon



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 8mins,
cook in 15



Approx \$3.50
a serve

- ✓ 4 x 125g Tasmanian Atlantic Salmon fillets
- ✓ 1 tablespoon extra virgin olive oil
- ✓ 1/2 cup egg mayonnaise, premium quality
- ✓ 2 tablespoons mixed herbs, flat leaf parsley, chives and dill chopped
- ✓ 1 teaspoon lemon rind, finely grated

Combine mayonnaise, herbs and lemon then season to taste. Lightly brush salmon with oil and BBQ on medium heat for approx 3mins each side. Serve with herb mayonnaise.

Super-Easy Superfood

For more information visit tasmaniansalmon.com.au



Tasmanian
Atlantic
Salmon