

# Thai Style Tasmanian Atlantic Salmon with Lentils & Crispy Prosciutto



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 cutlets
- ✓ 4 slices of prosciutto, rind removed
- ✓ 2 tablespoons extra virgin olive oil
- ✓ 1 onion, finely chopped
- ✓ 1 carrot, finely chopped
- ✓ 415g tin of cooked lentils, drained
- ✓ 1/4 cup orange juice
- ✓ 1/2 teaspoon orange rind
- ✓ 1 tablespoon basil leaves

Sauté onion and carrot in a saucepan until onion is soft. Stir in orange juice, rind and lentils then cover. Cook for 5 mins over a gentle heat before stirring in basil. Crisp prosciutto in a non-stick pan and set aside. Cook salmon in same pan, on medium heat for 4-5mins. Serve salmon over lentils, garnished with prosciutto.

*Super-Easy Superfood*

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



Tasmanian  
Atlantic  
Salmon