

## Tasmanian Atlantic Salmon Nicoise



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

- ✓ 800g Tasmanian Atlantic Salmon fillet, cut into 4cm squares
- ✓ 200g green beans
- ✓ 100g black olives
- ✓ 4 boiled eggs, peeled and quartered
- ✓ 3 ripe tomatoes, in wedges
- ✓ 500g small chat potatoes
- ✓ 8 anchovies halved (optional)
- ✓ 1/2 red onion, finely sliced
- ✓ 1 cup flat leaf parsley
- ✓ 1 tablespoon red wine vinegar
- ✓ 2 tablespoons olive oil

Boil potatoes in salted water until they are soft . Strain and leave to cool.  
Boil beans for 3-4mins and strain under cold water. Add olive oil and Tasmanian Atlantic Salmon to a hot saucepan, gently nudging it for 3-4mins.  
Toss everything in a bowl, dressing with vinegar, oil, salt and pepper.

*Super-Easy Superfood*

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



Tasmanian  
Atlantic  
Salmon