

Asian Style Tasmanian Atlantic Salmon Patties



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 15mins,
cook in 20



Approx \$4.00
a serve

- ✓ 400g Tasmanian Atlantic Salmon fillet, skin removed
- ✓ 1 egg white, whisked
- ✓ 1 tablespoon light soy sauce
- ✓ 1/2 teaspoon ginger, grated
- ✓ 4 spring onions, finely sliced
- ✓ 1/2 cup fine white breadcrumbs
- ✓ 1 tablespoon light olive oil
- ✓ 1 lime, juiced
- ✓ 1 teaspoon sweet chilli sauce
- ✓ 1 large mango or medium red papaya
- ✓ 200g bean sprouts

Finely mince half the salmon and combine with egg, soy, ginger and 2 onions. Roughly chop the remaining salmon and fold through the mixture with breadcrumbs. Roll 4 patties and chill. Prepare a salsa by combining lime, chilli sauce, 2 onions, mango and bean shoots. Fry patties in oil until light brown and serve topped with salsa. Delicious served on boiled rice.

Super-Easy Superfood

For more information visit tasmaniansalmon.com.au



Tasmanian
Atlantic
Salmon