

Tasmanian Atlantic Salmon, Leek & Ricotta Pie



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 35



Approx \$4.20
a serve

- ✓ 250g Tasmanian Atlantic Salmon fillets, roughly chopped with skin removed
- ✓ 2 tablespoons light olive oil
- ✓ 2 large leeks, sliced into rings
- ✓ 4 medium potatoes, par-boiled and sliced into chunks
- ✓ 200g ricotta cheese
- ✓ 1 egg, lightly beaten
- ✓ 2 sheets of ready-rolled puff pastry
- ✓ Egg wash

Pre-heat oven to 220°C. Gently pan-fry leeks in oil until soft, leaving to cool. Combine ricotta and egg, salt and pepper, salmon, leeks and potato. Gently push a sheet of pastry into a greased baking tray. Spoon in mixture, brush edges with egg wash and top with second sheet. Press edges with fork, cut vents and brush top with egg wash. Bake for 30-35mins, until light brown.

Super-Easy Superfood

For more information visit tasmaniansalmon.com.au



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Salmon