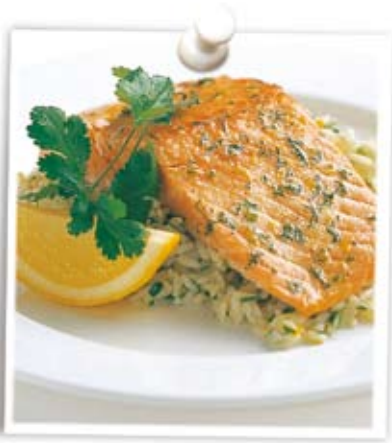


# Coriander Tasmanian Atlantic Salmon with Lemon Pilau



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 10mins,  
cook in 30



Approx \$5.25  
a serve

- ✓ 4x125g Tasmanian Atlantic Salmon fillets
- ✓ 2 tablespoons coriander leaves, finely chopped
- ✓ 1 lemon, juiced and zest finely grated
- ✓ 3 tablespoons light olive oil
- ✓ 1 onion, finely chopped
- ✓ 1 tablespoon ginger, finely grated
- ✓ 1 cup long grain rice
- ✓ 2 1/2 cups vegetable stock
- ✓ 3 tablespoons parsley, chopped

Pre-heat oven to 160°C. Combine coriander, 1 tablespoon lemon zest and oil. Rub over salmon and cook in lined baking tray for 15-20mins until baked through. Gently sauté onion and ginger stirring in rice for 2-3mins. Pour over stock, bring to boil and then slowly simmer for 20mins until stock is absorbed. Stir in remaining zest, lemon juice and parsley. Season and serve with salmon on top.

*Super-Easy Superfood*

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



Tasmanian  
Atlantic  
Salmon