

Poached Tasmanian Atlantic Salmon cutlet with roast pumpkin, pine nuts and lemon garlic mayonnaise



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 \$3.50
a serve

- ✓ 4 Tasmanian Atlantic Salmon cutlets, 180-200g each
- ✓ 1.2 kg pumpkin
- ✓ 60g pine-nuts, lightly toasted
- ✓ 200g mayonnaise
- ✓ 1 clove garlic, very finely diced
- ✓ 1 lemon, zest grated off and halved
- ✓ 1 bay leaf
- ✓ 1 teaspoon salt
- ✓ 1 cup white wine
- ✓ 1 tablespoon whole black pepper corns

Preheat your oven to 190°C. Place wine, bay leaf, pepper corns, salt, lemon halves and 2l of water in a large pot. Heat over a gentle flame. Peel pumpkin and slice into 5cm chunks. Roast until soft and golden, about 20mins. When steam rises off surface of pot, poach salmon for 10 mins or until cooked through. Combine lemon zest, garlic and mayonnaise and serve alongside salmon and pumpkin.

Super-Easy Superfood

For more information visit tasmaniansalmon.com.au



Tasmanian
Atlantic
Salmon