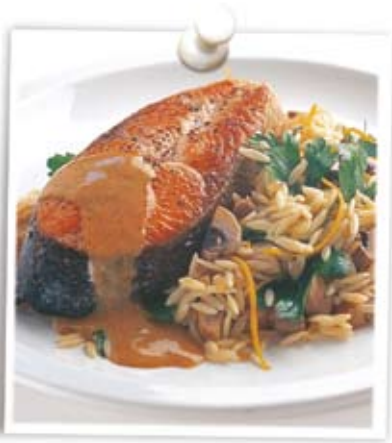


# Tasmanian Atlantic Salmon Cutlets with Dijon Sauce & Mushroom Risotti



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 20



Approx \$4.50  
a serve

- ✓ 4 x 125g Tasmanian Atlantic Salmon cutlets
- ✓ 3 tablespoons light olive oil
- ✓ 1 tablespoon Dijon mustard
- ✓ 1 lemon, juiced
- ✓ 120g risotti
- ✓ 30g butter
- ✓ 1 small onion, finely chopped
- ✓ 200g mushrooms, roughly chopped
- ✓ 1/2 cup Italian parsley, finely chopped

Pre-heat oven to 200°C. Gently sauté onion in oil and butter for 3-4mins. Add mushrooms, turn up heat and stir occasionally for 6mins. Boil risotti until al dente. Drain and combine onion and mushroom, parsley and seasoning. Gently pan-fry salmon in oil and butter, 3-4mins each side until light brown. Rest the salmon while stirring lemon juice and mustard into frypan. Serve risotti, topped with salmon and Dijon sauce.

*Super-Easy Superfood*

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



Tasmanian  
Atlantic  
Salmon