

Roast Tasmanian Atlantic Salmon with Crispy Parsnips & Potatoes



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 45



Approx \$4.50
a serve

- ✓ 4 x 120g Tasmanian Atlantic Salmon fillets
- ✓ 440g potatoes, peeled and thinly sliced
- ✓ 220g parsnips, peeled and thinly sliced
- ✓ 2 tablespoons light olive oil
- ✓ 4 sprigs of fresh thyme
- ✓ 4 spring onions, trimmed
- ✓ Lemon wedges

Pre-heat the oven to 220°C. Place potato and parsnip in greased baking dish and drizzle over half the oil. Cook for 20mins and flip for 10mins more until soft. Place thyme, onions and salmon on top of baked vegetables. Season, drizzle over remaining oil and bake for 8-10mins until salmon is cooked. Serve with lemon.

Super-Easy Superfood

For more information visit tasmaniansalmon.com.au



Tasmanian
Atlantic
Salmon