

Salt & Pepper Tasmanian Atlantic Salmon



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 6



Approx \$3.00
a serve

- ✓ 300g Tasmanian Atlantic Salmon fillet, skin removed
- ✓ 2 1/2 tablespoons self-raising flour
- ✓ 1 tablespoon cornflour
- ✓ 1 teaspoon sea salt
- ✓ 2 teaspoons mixed peppercorns
- ✓ 1/4 cup milk
- ✓ Oil for shallow frying
- ✓ Fresh lime pieces

Slice salmon into thick fingers and pat dry. Heat salt in a dry pan for 2mins and then grind to a fine powder. Repeat with pepper and combine both with flour. Lightly dust salmon, dip the fingers in milk and then dust again. Heat the oil in a frying pan and hot cook salmon for 1-2mins each side until golden. Serve with lime.

Super-Easy Superfood

For more information visit tasmaniansalmon.com.au



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