

Shell Pasta with Smoked Tasmanian Atlantic Salmon, Feta & Sweet Potato



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 35



Approx \$3.00
a serve

- ✓ 175g Smoked Tasmanian Atlantic Salmon, torn or roughly chopped
- ✓ 2 medium sweet potatoes, diced
- ✓ 1 red onion, roughly chopped
- ✓ 4 tablespoons extra virgin olive oil
- ✓ 2 teaspoons lemon zest, in thin strips
- ✓ 2 tablespoons Italian parsley, chopped
- ✓ 100g feta, finely chopped
- ✓ 400g shell pasta

Pre-heat the oven to 200°C. Place sweet potato, onion and lemon in a shallow baking tray. Drizzle over oil and bake for 20-30mins until tender & light brown. Boil shells until al dente. Drain and combine with salmon, feta and parsley. Stir in baked vegetables and serve.

Super-Easy Superfood

For more information visit tasmaniansalmon.com.au



Tasmanian
Atlantic
Salmon