

## Teriyaki Tasmanian Atlantic Salmon Skewers



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 8mins,  
cook in 15



Approx \$3.50  
a serve

- ✓ 400g Tasmanian Atlantic Salmon fillets, sliced into 24 cubes with skin removed
- ✓ 1/4 cup teriyaki sauce
- ✓ 8 wooden skewers, soaked in hot water for 10mins
- ✓ 1 teaspoon sesame oil
- ✓ 1 tablespoon light olive oil
- ✓ 1 large carrot, peeled and cut into strips
- ✓ 1 small red capsicum, deseeded and cut into strips
- ✓ Plain rice, boiled
- ✓ Spring onion tops, finely sliced

Place 3 pieces of salmon on each skewer. Cook for 2-3mins on a pre-heated grill plate, turning frequently. Stir-fry vegetables with sesame and olive oils. Stir through teriyaki sauce until vegetables wilt. Serve salmon skewers with vegetables and rice, topped with spring onion.

*Super-Easy Superfood*

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



Tasmanian  
Atlantic  
Salmon