

Spaghetti with Smoked Tasmanian Atlantic Salmon, Ricotta, Zucchini & Peas



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

- ✓ 200g Smoked Tasmanian Atlantic Salmon, roughly chopped
- ✓ 1 tablespoon light olive oil
- ✓ 1 garlic clove, crushed
- ✓ 250g zucchini, roughly chopped
- ✓ 150g Ricotta cheese
- ✓ 2 tablespoons sour cream
- ✓ 400g spaghetti
- ✓ 250g peas
- ✓ 1/4 cup fresh mint leaves, roughly chopped

Lightly brown zucchini in garlic and oil. Cook pasta until al dente. Stir in peas and cook for another minute before draining and returning to the pot. Add ricotta, sour cream, salmon, zucchini, garlic, mint, salt and pepper. Heat gently and serve.

Super-Easy Superfood

For more information visit tasmaniansalmon.com.au



Tasmanian
Atlantic
Salmon