

Basil and Tomato over Tasmanian Atlantic Salmon Cutlets



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

- ✓ 4 x 125g Tasmanian Atlantic Salmon cutlets
- ✓ 1/4 cup extra virgin olive oil
- ✓ 2 green shallots, thinly sliced
- ✓ 3 tomatoes, finely diced
- ✓ 2 tablespoons basil leaves, shredded
- ✓ 1 tablespoon lemon juice

Place a tablespoon of oil and the shallots in a small saucepan. Warm through on a low heat and remove from stove to add tomato and lemon. Season to taste. Brush the cutlets with oil while the BBQ or pan heats, then cook cutlets for 3-4 mins each side. Add basil to salsa and serve over the salmon cutlets.

Super-Easy Superfood

For more information visit tasmaniansalmon.com.au



Tasmanian
Atlantic
Salmon