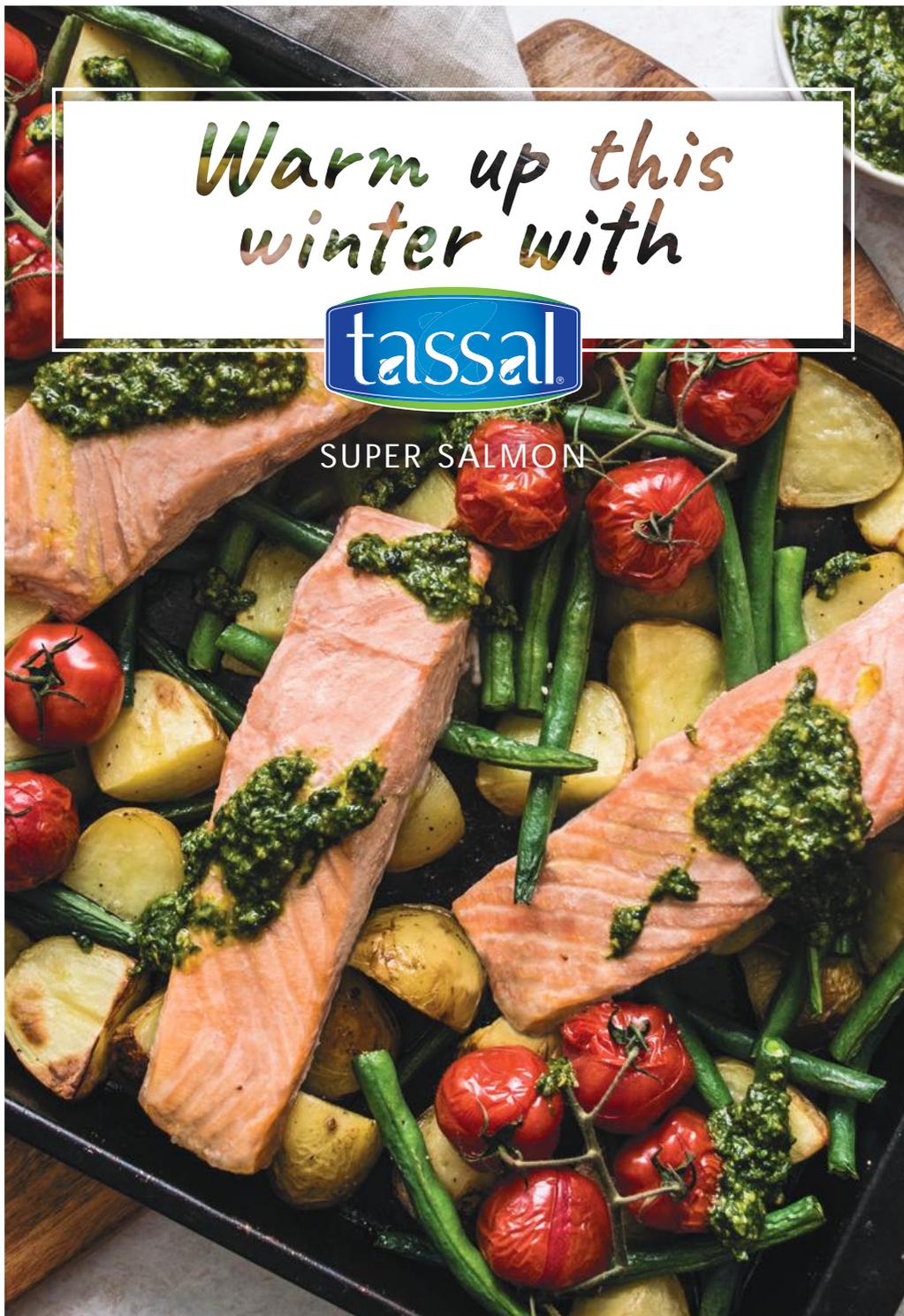
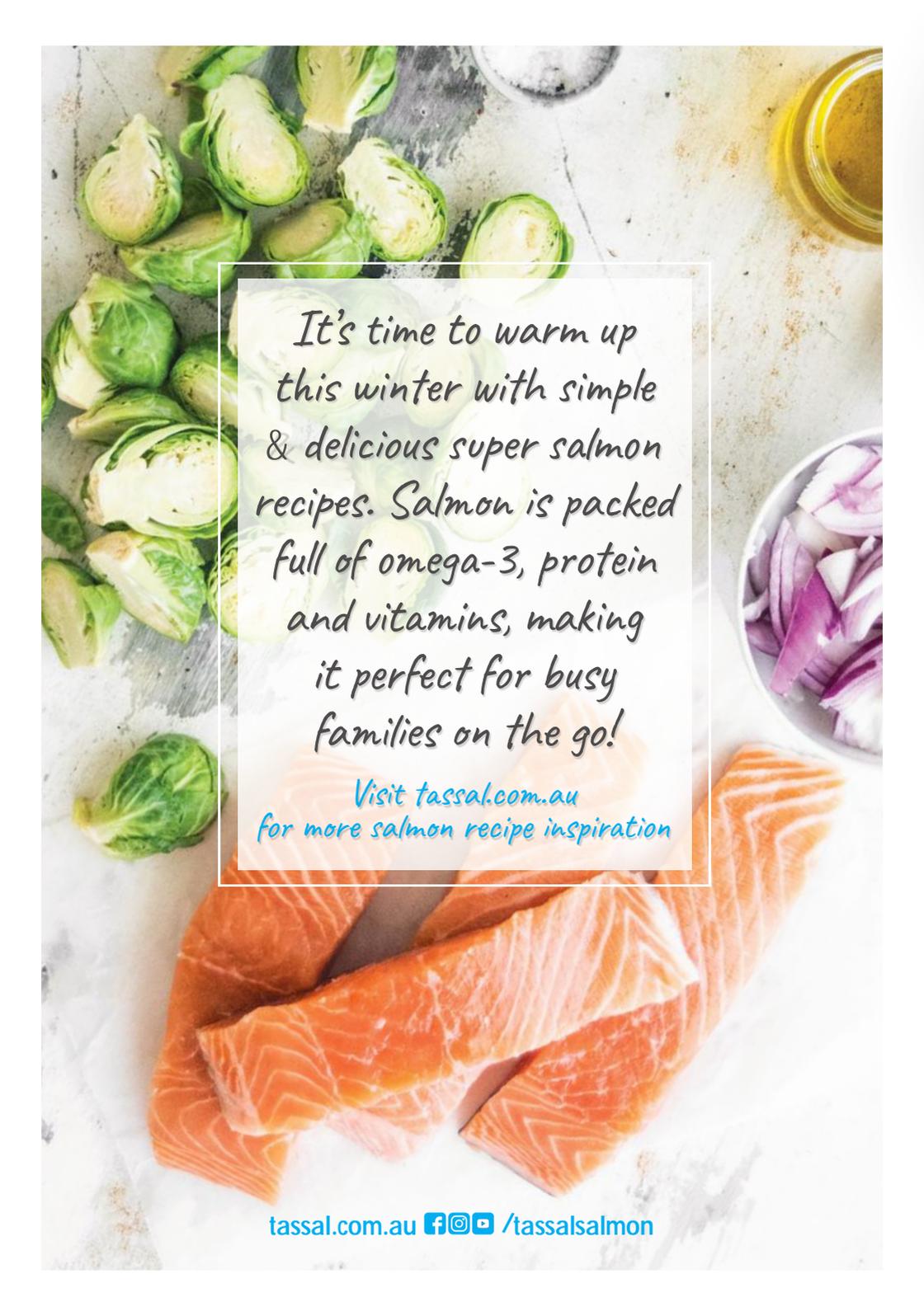


*Warm up this  
winter with*

tassal®

SUPER SALMON





*It's time to warm up  
this winter with simple  
& delicious super salmon  
recipes. Salmon is packed  
full of omega-3, protein  
and vitamins, making  
it perfect for busy  
families on the go!*

*Visit [tassal.com.au](http://tassal.com.au)  
for more salmon recipe inspiration*



## HINTS & TIPS

PERFECT SALMON EVERY TIME

# How to bake your Tassie Salmon perfectly!

- 1 Pre-heat oven to 180°C
- 2 Place salmon on a lined baking tray
- 3 Season salmon with salt, pepper, oil and your favourite herbs and spices
- 4 Cook single salmon portions for 8-10 mins (or 20 mins/kg)



### STEAM

Place salmon on a lined steamer. Season salmon with salt, pepper, oil or your favourite herbs and spice. Place above boiling water with lid on and cook for 4-5 mins. Cooking time may vary with size and thickness of salmon. Salmon can be pink on the inside.



### PAN FRY

Rub salt, pepper and oil onto salmon skin just before cooking. Cook skin side down over medium heat for 5 mins. Turn salmon portion and cook for 5 mins, or to your liking.



### BAKE

Pre-heat oven to 180°C (160°C fan forced). Place salmon on a lined baking tray. Season salmon with salt, pepper, oil or your favourite herbs and spices. Place into oven and cook salmon portions for 8-10 mins (or 20min/kg).



### BBQ

Pre-heat barbecue to medium heat. Rub salt, pepper and oil onto salmon. Place salmon directly onto hot plate or grill and cook for 5 mins each side.

# Smoked Salmon Corn Fritters

 Serves 2  30 mins

## Ingredients

150g Tassal Smoked Tassie Salmon  
2 large zucchini, grated  
1 cup frozen corn kernels  
 $\frac{3}{4}$  cup self raising flour  
2 eggs  
 $\frac{3}{8}$  cup milk  
Salt and pepper, to taste  
1 Tbsp olive oil  
100g goats cheese  
Watercress, to garnish

## Method

### Step 1

Combine zucchini, corn and flour in a bowl. Add eggs, milk and season with salt and pepper to form a thick batter.

### Step 2

Heat oil in a large non stick pan. Spoon  $\frac{1}{4}$  cup mixture into the pan and cook for 2-3 mins until bubbles start to form on top then flip fritter and cook for another 1-2 mins. Repeat with remaining mixture.

### Step 3

To serve, stack 3-4 fritters on top of each other, top with smoked salmon, crumbled goats cheese and finish with watercress and enjoy!



# Salmon Brunch Platter

 Serves 8  40 mins

## Ingredients

2x 460g Tassal Fresh Tassie Salmon portions, skin-off

1 Tbsp olive oil

Salt and pepper

6 eggs

300g mushrooms, thinly sliced

50g butter

2 gloves garlic

1 sprig thyme

300g green beans

400g baby spinach

1 loaf sourdough

1 punnet cherry tomatoes, halved

2 hass avocados, thinly sliced

1 cup pesto

Seasonal fruit

## Method

### Step 1

Pre-heat oven to 170°C. Line a large baking tray with baking paper, place salmon fillets on the tray at least 1 inch apart. Drizzle with oil and season with salt and pepper. Cook in the oven for 8-10 mins.

### Step 2

Bring a saucepan of water to the boil and then carefully lower the eggs into the water and reduce to a simmer. Cook for 6 mins for soft boiled eggs, or slightly longer if you don't like the yolk runny.

### Step 3

In a large frying pan add mushrooms, butter, garlic and thyme and cook on a high heat stirring occasionally for 7 mins. Set aside in a bowl.

### Step 4

Trim the ends of the green beans and then in the same pan as the mushrooms sauté the green beans for 2 mins in the excess butter. Remove from heat and set aside.

### Step 5

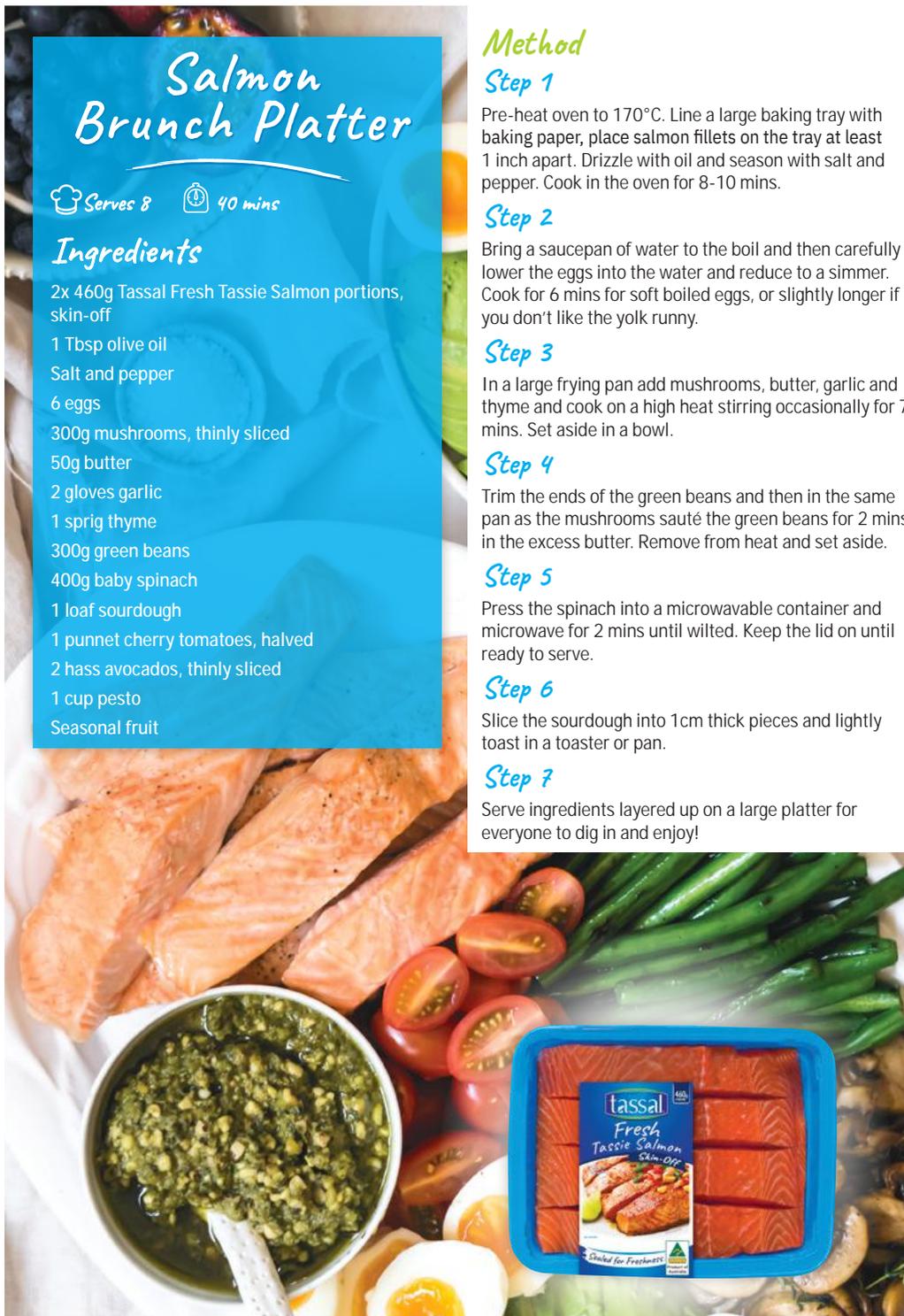
Press the spinach into a microwavable container and microwave for 2 mins until wilted. Keep the lid on until ready to serve.

### Step 6

Slice the sourdough into 1cm thick pieces and lightly toast in a toaster or pan.

### Step 7

Serve ingredients layered up on a large platter for everyone to dig in and enjoy!



# Pesto Salmon Tray Bake

 Serves 4  45 mins

## Ingredients

460g Tassal Fresh Tassie Salmon portions, skin-off

1½ cup basil

¼ cup pine nuts

2 cloves garlic

½ cup olive oil, plus 1 Tbsp extra

6 small white potatoes

200g green beans

100g vine cherry tomatoes

Salt and pepper

## Method

### Step 1

Pre-heat the oven to 180°C. Toast pine nuts in a small saucepan for a 2-3 mins or until just golden brown.

### Step 2

Add basil leaves, pine nuts, garlic cloves in a blender or food processor and blend on high for 1 min. Drizzle ½ cup olive oil in a steady stream to the basil mix. Set aside.

### Step 3

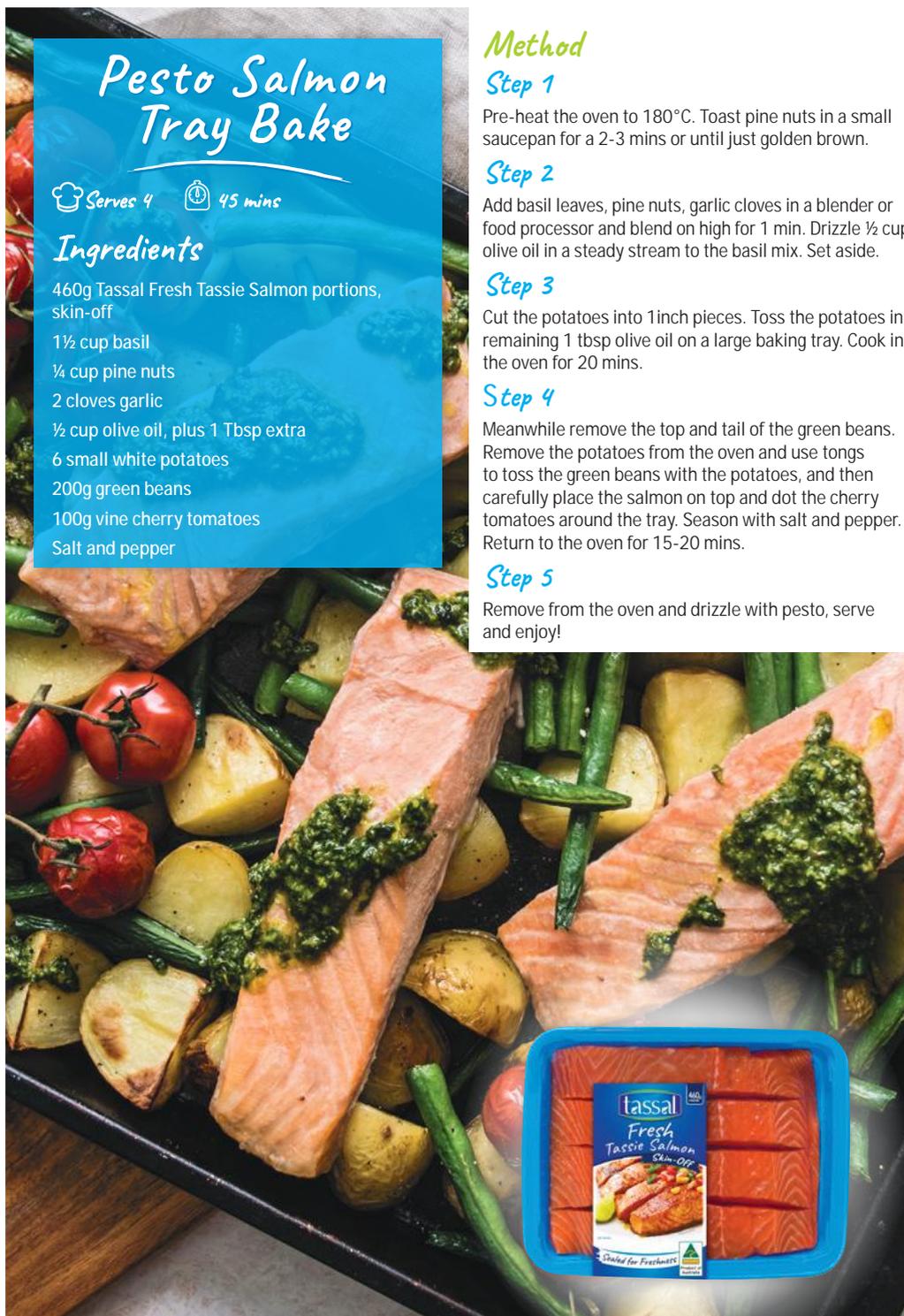
Cut the potatoes into 1 inch pieces. Toss the potatoes in remaining 1 tbsp olive oil on a large baking tray. Cook in the oven for 20 mins.

### Step 4

Meanwhile remove the top and tail of the green beans. Remove the potatoes from the oven and use tongs to toss the green beans with the potatoes, and then carefully place the salmon on top and dot the cherry tomatoes around the tray. Season with salt and pepper. Return to the oven for 15-20 mins.

### Step 5

Remove from the oven and drizzle with pesto, serve and enjoy!



# Teriyaki Salmon Bowls

 Serves 2  45 mins

## Ingredients

260g Tassal Fresh Tassie Salmon portions, skin-off

1cm ginger, peeled and finely sliced

1 garlic clove, crushed

2 Tbsp soy sauce

1 Tbsp maple syrup

½ Tbsp mirin (rice wine) – optional

1 cup brown rice

1 Lebanese cucumber

½ small avocado

1 Tbsp sesame seeds

1 sheet nori

Sweet chilli sauce, to serve

## Method

### Step 1

Combine ginger, garlic, soy sauce, maple syrup and mirin in a bowl, add salmon and ensure it is well coated with the marinade. Cover the bowl with cling wrap and allow to marinate in the fridge for 20 mins. Meanwhile, cook the brown rice as per the packet instructions. Slice the cucumber into 3cm sticks. Cut the ½ avocado in half long ways and then dip into the sesame seeds to cover one side.

### Step 2

On a pre-heated fry pan, cook salmon on a medium heat for 5 mins before turning over to cook for a further 5 mins. Be careful as the marinade burns easily. Remove the salmon from the pan and allow to rest while assembling the bowls.

### Step 3

Place ½ cup of brown rice into each base of the bowls, then place cucumber to one side, avocado quarter on top and then flake one salmon fillet into the bowl. Finally, divide one nori sheet and place two small pieces in the side of the bowl. Serve with sweet chilli sauce and enjoy!



# Salmon, Brussel Sprout Tray Bake

 Serves 4  20 mins

## Ingredients

460g Tassal Fresh Tassie Salmon portions, skin-off

300g brussel sprouts, halved

½ red onion, sliced

3 Tbsp extra virgin olive oil

2 tsp Dijon mustard

1 tbsp honey

Salt and pepper

## Method

### Step 1

Pre-heat the oven to 180°C. Spread the salmon, brussel sprouts and red onion over a large baking tray.

### Step 2

In a small bowl combine the olive oil, mustard, honey, salt and pepper. Pour over the salmon and brussel sprouts.

### Step 3

Bake in the oven for 10 mins until the salmon is cooked through and brussels are crispy. Serve & enjoy!



# Salmon Nacho's with Avo

 Serves 4  40 mins

## Ingredients

260g Tassal Fresh Tassie Salmon portions, skin-off

1 tsp paprika

1 tsp cumin

1 x 170g packet corn chips

1 cup cheese, grated

100g cherry tomatoes

½ cup frozen corn

1 long red chilli, thinly sliced – optional

## Cheats Pickled slaw

1 red cabbage

1 Tbsp lime juice

Salt and pepper

## Avocado Cream

2 small avocados

2 Tbsp Greek yoghurt

2 Tbsp water

½ cup coriander, chopped

## Method

### Step 1

Pre-heat oven to 200°C. To prepare the slaw, thinly slice the red cabbage and place in a bowl. Add the salt and pepper and lime juice then massage with your hands for 2 mins. This will begin to soften the cabbage.

### Step 2

To make the avocado cream place the flesh from two avocados, Greek yoghurt, water and ¼ cup coriander in a blender or food processor. Blend on high for 1 min or until smooth.

### Step 3

Place salmon on a medium heated non-stick fry pan. Sprinkle with paprika and cumin. Allow to cook for 5 mins on one side then turn over and cook for another 5 mins, or to your liking. Remove from heat, cover with foil and allow to rest.

### Step 4

Spread the corn chips on a large baking tray. Top with cheese, halved cherry tomatoes, frozen corn and red chilli. Cook in the oven for 5-10 mins or until cheese is melted.

### Step 5

Remove nachos from oven and flake the salmon over the top with pickled slaw and avocado cream. Serve with remaining coriander and enjoy!



# Sustainability

*Tassal is committed to providing Australians with responsibly sourced Tasmanian grown Atlantic salmon.*

*We have been on a long journey dedicated towards providing Australians with Tassie grown Atlantic salmon that has been responsibly grown.*

Our focus on sustainability has been the basis for developing programs around food safety, environmental management, fish welfare and our fish quality.

As the world population grows, traditional methods of capturing wild fish can't meet the increase in global demand. Responsible aquaculture is an important part of the future solution. Through well-managed salmon farming, we can meet the growing demand, produce a higher quality product, whilst looking after the environment and communities.



# Salmon – the natural super food

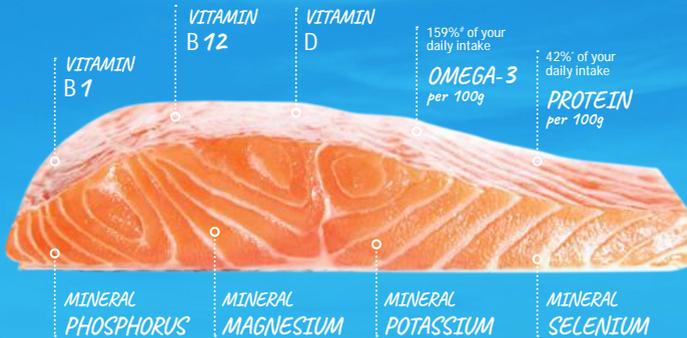
Even though the fatty acid Omega-3 is essential for brain development and function, our body doesn't produce it naturally. We need to get all our Omega-3 from food and one of the best, natural sources of Omega-3 is Tasmanian Salmon.

## Your entire Omega-3

Just 100g of salmon provides 159%# of our recommended daily intake of Omega-3. That same 100g of salmon also provides 42%\* of our daily protein requirement.

As well, salmon contains the essential nutrients: Vitamin D, Vitamins B1, B3 & B12, Vitamin E and the minerals Phosphorus and Selenium.

Farm fresh Tasmanian Salmon really is nature's super food.



\* Percentage Daily Intakes are based on an average adult diet of 8700KJ. Your daily intakes may be higher or lower depending on your energy needs.  
# Based on the National Heart Foundation of Australia's recommended adult consumption.





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