

# BBQ Tasmanian Atlantic Salmon steak with rocket and potato salad



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 5mins,  
cook in 20



Approx \$3.50  
a serve

- ✓ 4 Tasmanian Atlantic Salmon steaks, 180-200g each
- ✓ 1kg chat potatoes, halved
- ✓ 180g rocket, chopped
- ✓ 2 tablespoons mayonnaise
- ✓ 1 heaped tablespoon of seeded mustard
- ✓ 2 tablespoon sour cream
- ✓ 1 lemon
- ✓ 1/2 cup of chopped spring onions

Boil potatoes in salted water until soft and then combine with 100g of rocket, onion, mustard, mayonnaise and a squeeze of lemon juice. Stir and season to taste. Heat BBQ and lightly brush grill with oil. Cook salmon for 4 minutes each side, turning only once. Serve with salad, lemon, salt and pepper and the rest of the rocket.

*Super-Easy Superfood*

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



Tasmanian  
Atlantic  
Salmon