

Rigatoni with Tasmanian Atlantic Salmon, baby spinach, capers and chilli



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 15



Approx \$3.50
a serve

- ✓ 600g Tasmanian Atlantic Salmon fillet, sliced in to 4cm squares
- ✓ 500g rigatoni
- ✓ 1 medium brown onion, diced
- ✓ 100g baby spinach
- ✓ 60g capers, rinsed
- ✓ 1 large red chilli, finely chopped
- ✓ 1 tablespoon butter
- ✓ 1 cup white wine

Boil pasta and strain with cold water. Pan-fry salmon for 3-4 mins, cover and set aside. Sauté onion and chilli, adding the wine when the onion is translucent. Simmer for 2 minutes and add pasta, salmon, capers, spinach, butter, salt and pepper. Serve when salmon has warmed through.

Super-Easy Superfood

For more information visit tasmaniansalmon.com.au



Tasmanian
Atlantic
Salmon