

# Salmon for Summer

Salmon might not be the first thing you think of when it comes to summer entertaining but perhaps you should think again. Greenseas' new Pink and Red Salmon cans offer a convenient and economical way of including the rich flavour and goodness of salmon in your next gathering.

The delicate, sweet taste of Greenseas Pink Salmon makes it a versatile addition to any menu, or, for a richer taste, try Greenseas Red Salmon. Either way, there's the added bonus of the well known health benefits from salmon's naturally present Omega 3 fatty acids and nutrients.

So next time you have friends over this summer, why not think beyond the barbecue? Think salmon, its brain food!

## RED SALMON, ASPARAGUS AND WAXY POTATO SALAD

PREPARATION TIME: 15mins  
SERVES: 6

- 2 bunches of fresh young asparagus
- 1 tin of Greenseas Red Salmon carefully broken up into bite sized pieces (best at room temp with bones removed)
- 12 small waxy potatoes (suitable for boiling)
- handful of watercress
- 1 tablespoon olive oil for cooking

### Dressing

- 3 tablespoons of virgin olive oil
- 1 ½ tablespoons of balsamic vinegar
- salt and pepper to taste

1. Blanch asparagus for 15 seconds in boiling water. Rinse in cold water.
2. Par boil waxy potatoes until tender, slice into rounds.
3. Drain Greenseas Red Salmon and set aside
4. In a hot griddle pan drizzle 1 tablespoon of olive oil. Grill sliced potatoes until crispy 3 mins approximately, set aside.
5. In same pan grill asparagus 2 mins approximately, set aside.
6. To assemble. Layer asparagus, waxy potatoes and Greenseas Red Salmon and watercress in 2 levels. Pour over combined oil and balsamic dressing season with salt and pepper to taste.

*Red salmon, asparagus and waxy potato salad*



**Greenseas®**



This symbol guarantees that Greenseas products:

- Do not come from the Eastern Tropical Pacific area where dolphin school with salmon;
- Have not been caught by drift or gill net methods.

Greenseas tuna and salmon are caught in either Australian waters or the Western Pacific area.

Greenseas is committed to working towards a clean industry with 'dolphin safe' factories, worldwide.

For more information and other great recipe ideas, visit [www.greenseas.com.au](http://www.greenseas.com.au)