

**TASSIE
WE NEED
TO TALK**
Salmon

**DO YOU EAT
SALMON?**

**You should, it is healthy and delicious.
Try BBQ Salmon Skewers**

30 minutes | Serves 4

Ingredients:

700g salmon fillet, bones and skin removed
1 tablespoon brown sugar
1 teaspoon dried chilli flakes
1/4 teaspoon ground cinnamon
1 tablespoon olive oil
1 tablespoon freshly squeezed orange juice
Ground black pepper, to season
Olive oil spray
Basil pesto to serve

How do I make it?

Cut salmon fillets length ways into 2-3cm wide strips. Combine sugar, chilli, cinnamon, olive oil and orange juice in a ceramic dish. Season with ground black pepper. Add salmon and turn to coat. Cover and refrigerate for no longer than 10 minutes. Preheat barbecue grill on high heat. Thread the salmon onto four long metal skewers or eight bamboo skewers. Barbecue salmon, basting occasionally with the marinade for 4-5 minutes for medium, turning occasionally, or until cooked to your liking. Transfer to a tray, cover and allow to stand for 5 minutes. Serve in wraps or with salad. Recipe from heartfoundation.org.au

KNOW THE FACTS

**SAVOUR
OUR
SALMON** 

 *Salmon*
TASMANIA