

SALMON WITH AUSBARREL

Salmon is so healthy and such a tasty fish that is so easy to cook at home.

Simply drizzle some good quality olive oil over the salmon and rub in a little salt.

Heat a large, non-stick fry pan over a med-high heat and place the salmon skin-side down.

Cook the salmon until the skin is crisp (usually 4-5 minutes).

Turn it over and cook again for 4-5 minutes or until it is cooked to your liking.

Place some lettuce leaves and any other salad ingredients on the plate and drizzle both the lettuce and salmon with AUSBARREL - we love AUSBARREL Lemon, Premium Raspberry or Premium Pomegranate for this recipe.

Garnish with a couple of slices of lime or lemon and enjoy.

