

australian
bush spices



www.australianbushspices.com.au
info@australianbushspices.com.au

Blue Seafood Blend

Blue Crusted Salmon on Smashed Potatoes

500g peeled chopped potatoes
50g butter
50g Parmesan, finely grated
½ cup milk
4 salmon steaks
1 tablespoon BLUE Australian Bush Spice
1 - 2 tablespoons olive oil

1. Crust the salmon steaks on both sides with BLUE
2. Heat the oil in a fry pan, add the salmon and cook over a medium heat until the salmon crust is crisp and the flesh is cooked to your liking.
3. Cook the potatoes in a large pan of boiling water, drain, add the butter and Parmesan and beat using electric beaters until smooth and creamy.
4. Serve with halved finger limes or limes.

Serves 4