

Norwegian salmon

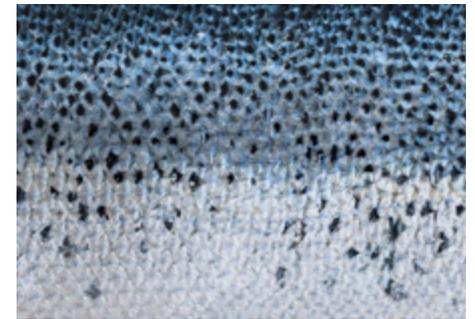
Tasty, healthy and easy to cook

Origin matters



SEAFROM
FROM
NORWAY
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From the cold,
clear waters
of Norway



Norway is cold. Very cold. But while this may create some challenges for humans, our fish thrive.

For thousands of years Norwegians have lived in harmony with the forces of nature. It has taught us how to innovate and preserve, to nurture and harvest. In our cold climate and crystal clear waters, the seafood grows slowly – developing a perfect taste and texture.

Norwegian Salmon can be steamed, baked, fried, grilled and even enjoyed raw. It pairs with spices from around the world and fits in all cuisines – a perfect base for delicious creative dishes.

Filletts are ideal for quick preparation and pan-fried or oven-baked recipes. Cubes fit perfectly with skewers and pasta. Loins are excellent for sashimi or carpaccio. Minced salmon is a delicious tartar, or you may use it for homemade burgers. And butterfly cuts baked in the oven taste wonderful.

Each day, more than 14 million meals of Norwegian Salmon are served worldwide.

Salmon is packed with nutrients to help you keep your family healthy.

Vitamin A important for good eye health.

Vitamin B12 helps the production of red blood cells and prevents anemia.

Vitamin D helps the body absorb phosphates and calcium to improve bone health.

Selenium an antioxidant that protects the body from environmental pollutants.

Salmon is also rich in beneficial fatty acids, such as Omega-3.

Good for the heart and reduces the risk of cardiovascular disease.

Can speed up blood circulation.

May prevent inflammatory conditions, such as arthritis and psoriasis.

Beneficial to the development of eyesight during pregnancy and the child's two first years.

Contributes to the normal brain development of the fetus and breastfed infants.



Grilled Norwegian salmon with mango salad

4 persons

Ingredients

700g Norwegian salmon fillets without skin and bones
2 tbsp. olive oil
Salt and pepper

Mango salad

1 piece mango
1 pot coriander, fresh
1 piece chili, red
4 tbsp. olive oil, cold pressed
0.5 piece lime
Salt and pepper

On the side

Rice

Procedure

Cut salmon into 4 serving pieces and brush with olive oil.

Grill or fry in a frying pan the salmon pieces for ca. 2 minutes on each side and season with salt and pepper.

Mango salad

Cut mango into pieces. Pick the leaves of the coriander plant, and cut the chili into small pieces.

Mix mango, coriander and chili with olive oil and lime juice. Season with salt and pepper.

Serve the grilled salmon with mango salad and rice on the side.



Oven baked Norwegian salmon with lemon

4 persons

Ingredients

600g Norwegian salmon fillets without skin and bones
2 tbsp. soy sauce
4 tbsp. olive oil
1 piece of lemon
Salt and pepper

Salad

2 pieces scallions
0.5 pc apple, green
1 piece heart salad
1 piece avocado

Dressing

3 tbsp. lemon juice
3 tbsp. olive oil
0.5 tsp. sea salt

On the side

Rice

Procedure

Preheat oven to 180°C. Cut salmon into serving pieces and place in an ovenproof dish. Drizzle soy sauce and olive oil over the salmon and season with a little salt and pepper. Drizzle the grated peel and juice of lemon, and bake in the oven for about 10–12 minutes.

Salad

Cut onions into slices and apple into strips and cut the salad. Split the avocado and remove the seed and flesh with a spoon. Cut the flesh into pieces. Turn onions, apples, lettuce and avocado quickly together.

Dressing

Stir together lemon juice, olive oil and sea salt, and mix into the salad. Serve salmon with salad and boiled rice on the side.

Tip: This dish can easily be varied with peel and juice of orange instead of lemon.



Sweet chili wok with Norwegian salmon

4 persons

Ingredients

600 g Norwegian salmon
fillet without skin and bone
2 portions noodles
1 bell pepper, red
200 g garden peas
1 tbsp. oil
1 lime – the juice
2 tbsp. soy sauce
6 tbsp. sweet chili sauce
10 leaves fresh coriander

Procedure

Boil the noodles as indicated on package. Cut the salmon in pieces of approx. 3 cm. Wash and clean the vegetables and cut in pieces.

Fry the salmon pieces in oil, 1 minute on each side. Remove the salmon from the pan and put aside. Fry the vegetables quickly at high temperature,

Squeeze the juice from the lime. Add lime juice, boiled noodles, soy sauce and sweet chili sauce together with the vegetables. Bring to boil.

Add the salmon pieces to the sauce and warm up. Sprinkle with coriander leaves and serve.



Norwegian salmon with pasta and pesto

4 persons

Ingredients

600 g Norwegian salmon
fillet, without skin and
bone
12 cherry tomatoes
400 g pasta, whole wheat
1 tbsp. butter
1 tbsp. olive oil
6 tbsp. of pesto
100 g pine nuts
2 tbsp. fresh basil
Salt and pepper

Procedure:

Cut salmon pieces and cherry tomatoes in halves. Boil pasta as indicated on package and drain. Fry the salmon in butter and olive oil and add the tomatoes.

Mix the pesto into the pasta and add the salmon and tomatoes.

Taste with salt and pepper. Drizzle with pine nuts and basil and serve.

«Seafood from Norway» is a symbol of origin and quality for all Norwegian seafood – wild caught or farmed, in our cold clear waters. Long traditions of craftsmanship and care for nature has fostered the innovative spirit that drives our industry today. An industry with genuine concern for environment and sustainability.

Look for the country of origin mark on salmon products to ensure origin. To learn more, please visit fromnorway.com



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