

# 5 things you need to know about Salmon Jerky

salmon • marinate, smoke & cook • salmon jerky



# 1

Salmon jerky is high in Omega 3 and high in protein. Omega-3 fatty acids are one of the "good" types of fat. They may help lower the risk of heart disease, depression, dementia, and arthritis when eaten as part of a healthy balanced diet.

Salmon jerky is also a gluten-free snack and has only 119 calories per 30g pack, so it can cater for lots of dietary requirements.

# 2



119 cal



# 3

Our salmon jerky is made from Scottish farmed Atlantic Salmon and slowly cooked and smoked on the banks of the River Spey in the Scottish Highlands. It's made in the Spey Valley Smokehouse, which was opened by Princess Anne on 31st October 1995.

To make salmon jerky, we take fresh salmon and marinate it in soya sauce and apply cider vinegar along with some black pepper, salt and garlic, which helps preserve the jerky. After it's been left to marinate, the salmon is slowly cooked and smoked over beech wood to create salmon jerky.

# 4



# 5

Salmon jerky doesn't need to be refrigerated and has a 12 month shelf life, which makes it a perfect snack for keeping in your desk drawer, gym bag or for going out and about during the day.

Source: Wild West 2018

