
**UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549**

FORM 6-K

**REPORT OF FOREIGN PRIVATE ISSUER PURSUANT TO RULE 13A-16 OR 15D-16
OF THE SECURITIES EXCHANGE ACT OF 1934**

For the month of October, 2018

Commission File Number: 001-38642

Paringa Resources Limited

(Translation of registrant's name into English)

**28 West 44th Street, Suite 810
New York, NY 10036**

(Address of principal executive offices)

Indicate by check mark whether the registrant files or will file annual reports under cover of Form 20-F or Form 40-F.

Form 20-F Form 40-F

Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(1):

Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(7):

EXHIBIT INDEX

The following exhibits are filed as part of this Form 6-K:

| Exhibit | Description |
|----------------------|---------------|
| 99.1 | Press Release |

SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned, thereunto duly authorized.

Paringa Resources Limited
(registrant)

Date: October 2, 2018

By: /s/ Bruce Czachor

Name: Bruce Czachor

Title: Vice President and General Counsel



Exhibit 99.1

October 2, 2018

PARINGA COMMENCES TRADING ON NASDAQ

Paringa Resources Limited (“Paringa” or “Company”) (NASDAQ: PNRL, ASX: PNL), the next major Illinois Basin coal producer, is pleased to announce that its American Depositary Receipts (“ADR’s”) have been approved for listing on the Nasdaq Capital Market (“Nasdaq”).

Trading has now commenced in the U.S. under the ticker symbol “PNRL”. Each ADR represents 50 ordinary shares in the Company. The Company’s ordinary shares will continue to trade on the Australian Stock Exchange (“ASX”) under the symbol “PNL”.

The Nasdaq listing does not include any capital raising. Paringa had cash reserves of US\$22.6 million at June 30, 2018 and has recently drawn down the first US\$15.0 million tranche of its US\$21.7 million project loan facility with Macquarie Bank Limited.

Paringa’s Interim Chief Executive Officer, Mr. Todd Hannigan, said: *“Paringa offers investors participation in the strong, long term cashflow from our Poplar Grove mine – which is now in the final stages of construction. Our Nasdaq listing aims to widen our shareholder base with more US based investors and we expect this to occur progressively as we ramp up coal production in 2019”.*

A copy of the Form 20-F registration statement filed with the United States Securities and Exchange Commission (“SEC”) is available on Paringa’s website.

About Paringa

Paringa Resources Limited (NASDAQ: PNRL, ASX: PNL) is an emerging U.S. energy provider developing the high margin, low capex Buck Creek Mine Complex (“Buck Creek Complex”) located in the growing Illinois Coal Basin (“ILB”). The Buck Creek Complex includes two fully permitted thermal coal mines: (1) the Poplar Grove Mine with planned production of 2.8 million tons per annum (“Mtpa”); and (2) the Cypress Mine with planned production of 3.8 Mtpa. Construction is well advanced at the Poplar Grove Mine, with first coal expected to be produced in December 2018.

The Group’s objective is to become the next major Illinois Coal Basin producer by developing low capital and operating cost mines located near low cost river transportation in the ILB. Once the Poplar Grove Mine is constructed, the Group has the potential to make low risk, low cost mine developments to grow its coal production to 6.6 Mtpa and beyond. The Group will underpin this additional growth with long-term sales contracts to ensure that additional capacity investments are low risk and generate high levels of free cash flow.

This press release is neither an offer to sell nor a solicitation of an offer to buy any securities.

For further information, contact:

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ABN: 44 155 922 010

Forward Looking Statements

This report may include forward-looking statements. These forward-looking statements are based on Paringa's expectations and beliefs concerning future events. Forward looking statements are necessarily subject to risks, uncertainties and other factors, many of which are outside the control of Paringa, which could cause actual results to differ materially from such statements. Paringa makes no undertaking to subsequently update or revise the forward-looking statements made in this announcement, to reflect the circumstances or events after the date of that announcement.

Competent Persons Statements

The information in this report that relates to Exploration Results, Coal Resources, Coal Reserves, Mining, Coal Preparation, Infrastructure, Production Targets and Cost Estimation was extracted from Paringa's ASX announcements dated May 17, 2018 entitled 'Equity Raising Investor Presentation', March 28, 2017 entitled 'Expanded BFS Results Confirms Development Pathway to A\$850 million NPV' and December 2, 2015 entitled 'BFS Confirms Buck Creek will be a Low Capex, High Margin Coal Mine' which are available to view on the Company's website at www.paringaresources.com.

Paringa confirms that: a) it is not aware of any new information or data that materially affects the information included in the original ASX announcements; b) all material assumptions and technical parameters underpinning the Coal Resource, Coal Reserve, Production Target, and related forecast financial information derived from the Production Target included in the original ASX announcements continue to apply and have not materially changed; and c) the form and context in which the relevant Competent Persons' findings are presented in this announcement have not been materially modified from the original ASX announcements.