



Product Spotlight: Lemon

Lemons are a good source of vitamin C, magnesium and potassium – minerals and antioxidants that give you better hair and skin and stronger nails!



Creamy Salmon Pasta

with Lemon & Chives

A delicious pasta dish with a garlic and sour cream sauce tossed together with pieces of salmon and cherry tomatoes and finished with lemon and fresh chives.



25 minutes



2 servings



Fish

Make it child friendly!

Serve the salmon on the side of the pasta if preferred. The broccoli can be cooked on top of the boiling pasta and the tomatoes served fresh. Switch up the flavours and add some pesto to the sauce!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	64g	61g	127g

FROM YOUR BOX

SHORT PASTA	1 packet
BROCCOLI	1
CHERRY TOMATOES	200g
GARLIC CLOVE	1
SALMON FILLETS	1 packet
LEMON	1
SOUR CREAM	1 tub
CHIVES	1 bunch

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried dill (see notes)

KEY UTENSILS

large frypan, saucepan

NOTES

If you don't have dried dill, you can use dried tarragon, oregano, thyme or fresh rosemary!

No gluten option - pasta is replaced with GF pasta.



1. COOK THE PASTA

Bring a saucepan of water to a boil. Add 1/2 packet pasta to boiling water and cook according to packet instructions until al-dente. Reserve **1/2 cup cooking water** before draining. Set aside.



2. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Cut **broccoli** into florets and halve **tomatoes**. Add to pan as you go along with **1 tsp dried dill** and crushed **garlic**. Cook for 8-10 minutes until tender.



3. ADD THE SALMON

Rinse **salmon** and cut into bite size pieces. Add to pan with vegetables and 1/2 **lemon** zest. Cook for 5 minutes, gently tossing. Season with **salt and pepper**.



4. TOSS THE PASTA

Take pan off heat. Add **sour cream** and juice from 1/2 lemon, stir to combine. Toss through pasta along with **1/2 cup cooking water** until coated. Season with **salt and pepper** and add remaining lemon juice to taste.



5. FINISH AND SERVE

Finely slice **chives** (use to taste) and stir through pasta, leaving some to garnish. Divide among bowls.



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