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DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Salmon Fillets

Salmon cooks fast in a hot pan - a few minutes each side is all it needs, and it is ready when the flesh turns opaque and flakes easily with a fork.

Creamy Tuscan Salmon Pasta

Salmon fillets pan-fried and served with a beautifully creamy tuscan pasta of sun-dried tomatoes, grated zucchini and baby spinach.

25 minutes | 2 servings | Fish

Spice it up!

Serve with dried chilli flakes and lemon wedges for extra zing!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	51g	30g	104g

FROM YOUR BOX

SHORT PASTA	1 packet
SALMON FILLETS	1 packet
BROWN ONION	1
ZUCCHINI	1
GARLIC CLOVE	1
SUN-DRIED TOMATOES	1 tub
SOUR CREAM	1 tub
BABY SPINACH	60g

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

KEY UTENSILS

large frypan, saucepan

NOTES

Cook all of the pasta and use 2 cups reserved cooking liquid to make the sauce and save leftovers for lunch the next day.

To hide veggies, use a stick mixer or small blender to blend the sun-dried tomatoes, zucchini, sour cream and reserved cooking liquid to a smooth sauce.

No gluten option - pasta is replaced with GF pasta.

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1. COOK THE PASTA

Bring a saucepan of water to a boil. Add **1/2 packet pasta** (see notes) and cook according to packet instructions or until al dente. Reserve **1 1/2 cup cooking liquid**. Drain **pasta**.



2. COOK THE SALMON

Heat a large frypan over medium-high heat. Coat **salmon** with **oil, 1 tsp oregano, salt and pepper.** Add to pan and cook for 2-4 minutes each side until cooked to your liking. Remove to a plate and keep pan over heat (see step 3).



3. SAUTÉ THE ONION

Add extra **oil** to frypan. Slice **onion**, grate **zucchini** and crush **garlic**. Add to pan as you go and cook for 2-3 minutes.



4. MAKE THE SAUCE

Slice and add **sun-dried tomatoes** (see notes). Cook for further 4-5 minutes.

Stir in **sour cream** and **reserved cooking liquid**. Cook, stirring, for 2 minutes.



5. TOSS THE PASTA

Add **spinach** to sauce. Cook for 1 minute to wilt. Add **pasta** and toss to combine. Season to taste with **salt and pepper.**



6. FINISH AND SERVE

Divide **pasta** among shallow bowls. Serve with **salmon fillets**.

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