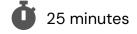






# Creamy Tuscan Salmon Pasta

Pan-fried salmon fillets served with a beautifully creamy Tuscan pasta of sun-dried tomatoes, grated zucchini and baby spinach.





4 servings



Fish

# Spice it up!

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

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

26g

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107g

#### **FROM YOUR BOX**

SHORT PASTA	1 packet
SALMON FILLETS	2 packets
BROWN ONION	1
ZUCCHINI	1
GARLIC CLOVE	1
SUN-DRIED TOMATOES	1 tub
SOUR CREAM	1 tub
BABY SPINACH	120g

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

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

No gluten option - pasta is replaced with GF pasta.



#### 1. COOK THE PASTA

Bring a saucepan of water to a boil. Add pasta and cook according to packet instructions or until al dente. Reserve **2 cups cooking liquid**. Drain pasta.



#### 2. COOK THE SALMON

Heat a large frypan over medium-high heat. Coat salmon with oil, 2 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 5-7 minutes until onion and zucchini soften.



### 4. MAKE THE SAUCE

Slice sun-dried tomatoes (see notes). Add to frypan along with 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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