



**Product Spotlight:  
Salmon Fillets**

Sustainably caught by Catalano's, salmon is renowned for its high content of heart-healthy omega-3 fatty acids. It is also packed with vitamins and minerals and has even been called "one of the healthiest foods on the planet".



# Creamy Tuscan Salmon Pasta

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



25 minutes



4 servings



Fish

Spice it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	47g	26g	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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