

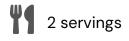




## Salmon Olive Piccata Pasta

A zesty and elegant Salmon Olive Piccata Pasta featuring Sicilian olives, sautéed fennel, and a golden panko-chilli pangrattato, finished with fresh parsley and fennel fronds for a vibrant Mediterranean twist.







# Spice it up!

There is dried chilli flakes in the panko crumb mix for a mild spice, to spice it up, add extra chilli flakes, garnish with fresh red chilli or your favourite hot sauce.

TOTAL FAT CARBOHYDRATES

60g

190g

#### FROM YOUR BOX

LONG PASTA	1 packet
PANKO & DRIED CHILLI FLAKES MIX	20g
LEMON	1
SALMON FILLETS	1 packet
FENNEL	1 bulb
GARLIC	1 clove
SICILIAN OLIVES	1 jar
PARSLEY	1 packet

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, butter (see notes)

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

Substitute butter with olive oil to make this dish dairy-free.

Add extra cooking liquid as necessary to loosen the pasta.

No gluten option - panko is replaced with almond meal and pasta is replaced with GF pasta. Add 1 tsp dried rosemary and dried chilli flakes to taste to almond meal and cook as per instructions.

Panko + Dried Chilli Flakes mix: panko crumbs, dried chilli flakes, dried rosemary



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#### 1. COOK THE PASTA

Bring a saucepan of water to a boil. Add 1/2 packet pasta and cook according to packet instructions or until al dente. Reserve 1 1/2 cups cooking liquid and drain pasta.



#### 2. MAKE THE TOPPING

Heat a large frypan over medium-high heat with **2 tbsp olive oil**. Add panko mix and cook, stirring occasionally, for 5 minutes until panko crumbs are golden and toasted. Remove to a bowl and keep pan over heat (see step 3).



#### 3. COOK THE SALMON

Zest lemon (reserve remaining for step 3). Coat salmon with oil, salt, lemon zest and pepper. Heat a large frypan over mediumhigh heat. Add salmon and cook for 2-4 minutes each side until cooked to your liking. Remove to a plate and reserve pan.



#### 4. COOK THE SAUCE

While the salmon cooks, thinly slice fennel, crush garlic and. Add to pan (with extra oil as necessary). Cook for 3-5 minutes until fennel has softened. Chop parsley (including tender stems), add 1/2 to pan along with drained olives, lemon juice, 3 tsp butter and 1 cup cooking liquid.



### 5. TOSS THE PASTA

Add pasta to sauce (see notes). Toss until pasta is well coated. Season to taste with salt and pepper.



#### 6. FINISH AND SERVE

Finely chop any reserved fennel fronds.

Divide pasta among shallow bowls. Top with salmon fillets, topping and reserved herbs.

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