



Product Spotlight: Fennel

Fennel can be eaten raw or cooked. It's delicious shaved into fresh salads, braised in stews, or roasted.



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.



30 minutes



4 servings



Fish

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	28g	100g

FROM YOUR BOX

LONG PASTA	1 packet
PANKO & DRIED CHILLI FLAKES MIX	40g
LEMON	1
SALMON FILLETS	2 packets
FENNEL	1 bulb
GARLIC	2 cloves
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 2 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 **pasta** and cook according to packet instructions or until al dente. Reserve **2 cups cooking liquid** and drain pasta.



2. MAKE THE TOPPING

Heat a large frypan over medium-high heat with **3 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 medium-high 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, **1 tbsp butter** and **1 1/2 cups 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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