



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Basil


Basil restores the body's natural pH levels & feeds healthy bacteria within the gut microflora. A healthy gut promotes good digestions & boosts immunity.



1 Creamy Tuscan Salmon

Salmon fillets in a creamy sauce with sun-dried tomatoes, served with green vegetables and chickpea casarecce.

 25 mins

 4 servings

 Fish

4 June 2021

Sauce it up!

To make the pasta even saucier, you could add 1/3 cup stock, and 3/4 cup cream to the sauce.

Per serve: **PROTEIN** 39g **TOTAL FAT** 16g **CARBOHYDRATES** 40g

FROM YOUR BOX

CHICKPEA CASARECCE	1 packet
SALMON FILLETS	2 packets
ZUCCHINI	1
CAPERS	1 jar
SUN-DRIED TOMATOES	1/2 packet *
CREAM CHEESE	3/4 block *
ENGLISH SPINACH	1 bunch
BASIL	1 packet (20g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, salt and pepper, dried oregano, white wine vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.

No fish option - salmon is replaced with chicken tenderloins. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. COOK THE PASTA

Bring a saucepan of water to the boil. Add pasta, cook for 5 minutes until al dente. Reserve **2 cups water** from saucepan, drain and set aside. Keep your saucepan handy.



2. COOK THE SALMON

Heat a large frypan over medium-high heat. Coat salmon in **oil, salt and pepper**. Cook on each side for 1-2 minutes or until golden. Set aside.



3. SAUTÉ ZUCCHINI

Reheat frypan over medium-high heat with **oil**. Cut zucchini into crescents, add to pan as you go. Sauté for 3-4 minutes with **1 tsp oregano**.



4. MAKE SAUCE

Drain capers. Add to the pan with sun-dried tomatoes. Pour in **reserved pasta water, 3 tsp vinegar** and cream cheese, stir to combine. Add salmon back to pan. Cook for further 3-4 minutes until salmon is cooked through.



5. TOSS PASTA

Add your pasta back into your large saucepan. Flake in the salmon. Roughly chop spinach and toss in with sauce until pasta is well coated.



6. FINISH AND PLATE

Evenly divide pasta among shallow bowls. Top with gently torn basil.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

