

Healthy Salmon Pasta

Prep & Cook time: 30 minutes

Serves: 4

Ingredients

- 240g wholewheat penne or other wholewheat pasta
- 3 x 120g fillets salmon
- 1 tbsp extra-virgin olive oil
- 1 onion, thinly sliced
- 2 cloves garlic, crushed
- 125ml vegetable stock
- 100ml reduced-fat crème fraîche
- 200g frozen peas
- ½ a small bunch dill, roughly chopped
- 1 lemon, zested

Method

1. Bring a large pan of salted water to the boil and add the pasta. Reduce the heat to medium, cover with a metal colander or tiered steamer and add the salmon. Cover with a lid and leave the pasta to cook and the fish to steam for 10 minutes. Drain the pasta and flake the salmon, removing the skin.
2. Meanwhile, heat the oil in a large frying pan over a medium-high heat. Cook the onion, stirring, for 5 minutes or until the onion is golden and softened. Add the garlic, cooking for 1 minute until fragrant.
3. Add the stock, crème fraîche and peas, stirring together then simmering for 2 minutes until the peas are just cooked through. Add the pasta and toss to coat. Add the salmon, half the dill and lemon zest, and toss to combine, seasoning well. Serve in warm bowls with more dill scattered over.