



# Salmon and Sundried Tomato Pasta

## *Ingredients:*

500 gm salmon fillets

3 garlic cloves

1 x small jar of sundried tomatoes

200 gm baby spinach OR 2 cubes of frozen spinach

70 mls vegetable stock

180 mls cream

1 tsp paprika

Pinch of chilli flakes

320 gm pasta

Grated parmesan (optional)

Fresh basil (optional)

## *Method:*

Cook your pasta according to the instructions on the packet.

Put some oil in a frying pan and put the pan over a warm heat.

Place the salmon in the pan, skin side down.

Leave it until it is cooked on the skin side, and then turn it over to cook the other side.

When cooked, remove the salmon from the pan and put to one side.

Crush or finely chop your garlic cloves.



Chop your sundried tomatoes.

Put your garlic and sundried tomatoes into the pan that the fish was cooked in, and cook for 2-3 minutes.

Add the vegetable stock to the pan and simmer.

Add the cream and stir into the sauce.

Add the paprika, chilli flakes and spinach.

Cook the sauce for a few minutes – add a little water to loosen if getting too thick.

Break your salmon into large flakes/bite sized pieces.

Add the cooked pasta to the sauce with your salmon pieces.

Stir gently until the pasta is coated in sauce, and serve.

NOTE – The salmon can be replaced with chicken if you prefer, cutting into bite sized pieces or thin strips.