



Product Spotlight: Salmon Fillets

Sustainably caught by Catalano's, salmon is renowned for its high content of heart-healthy omega-3 fatty acids. It is also packed with vitamins and minerals and has even been called "one of the healthiest foods on the planet".



Creamy Tuscan Salmon Pasta

Pan-fried salmon fillets served with a beautifully creamy Tuscan pasta of sun-dried tomatoes, grated zucchini and baby spinach.



25 minutes



2 servings



Fish

Spice it up!

*Serve with dried chilli flakes and
lemon wedges for extra zing!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	38g	54g

FROM YOUR BOX

SHORT PASTA	1 packet
SALMON FILLETS	1 packet
BROWN ONION	1
ZUCCHINI	1
GARLIC CLOVE	1
SUN-DRIED TOMATOES	1 tub
SOUR CREAM	1 tub
BABY SPINACH	60g

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

KEY UTENSILS

large frypan, saucepan

NOTES

Cook all of the pasta and use 2 cups reserved cooking liquid to make the sauce and save leftovers for lunch the next day.

To hide veggies, use a stick mixer or small blender to blend the sun-dried tomatoes, zucchini, sour cream and reserved cooking liquid to a smooth sauce.

No gluten option – pasta is replaced with GF pasta.



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1. COOK THE PASTA

Bring a saucepan of water to a boil. Add **1/2 packet pasta** (see notes) and cook according to packet instructions or until al dente. Reserve **1 1/2 cup cooking liquid**. Drain **pasta**.



2. COOK THE SALMON

Heat a large frypan over medium-high heat. Coat **salmon** with **oil**, **1 tsp oregano**, **salt and pepper**. Add to pan and cook for 2-4 minutes each side until cooked to your liking. Remove to a plate and keep pan over heat (see step 3).



3. SAUTÉ THE ONION

Add extra **oil** to frypan. Slice **onion**, grate **zucchini** and crush **garlic**. Add to pan as you go and cook for 5-7 minutes until **onion** and **zucchini** soften.



4. MAKE THE SAUCE

Slice **sun-dried tomatoes** (see notes). Add to frypan along with **sour cream** and **reserved cooking liquid**. Cook, stirring, for 2 minutes.



5. TOSS THE PASTA

Add **spinach** to sauce. Cook for 1 minute to wilt. Add **pasta** and toss to combine. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide **pasta** among shallow bowls. Serve with **salmon fillets**.

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