



## Salmon and Lemon Pasta

with Olives and Broccoli



20-30min



4 Portions

Just because you're avoiding gluten, it doesn't mean you can't indulge in pasta. This dish has everything- colour, crunch, richness from cream and salmon and some lemony acid to cut through it all. Plus there's a touch of chilli heat for an extra kick of flavour.



## What we send

- poppy seeds
- broccoli
- gluten-free pasta
- pouring cream <sup>7</sup>
- parsley, celery, long red chilli, garlic
- black pitted olives
- Tasmanian salmon <sup>4</sup>
- lemon

## What you'll require

- olive oil
- sea salt and pepper

## Utensils

- large frypan with lid
- large saucepan

Our vegies come fresh from the farm, so please wash them before use.

## Allergens

Fish (4), Milk (7). May contain traces of other allergens.

## Nutrition per serving

Energy 1040kcal, Fat 60.2g, Carbs 67.9g, Proteins 51.2g



### 1. Prepare ingredients

Bring a large saucepan of salted water to the boil for the pasta. Crush the **garlic**. Finely chop the **chilli**, removing the seeds if less heat is desired. Finely chop the **parsley**, including the stems. Thinly slice the **celery**. Halve the **olives**. Finely grate the **lemon** zest. Cut the lemon into wedges. Cut the **broccoli** into small florets and chop the stems.



### 4. Make sauce

Meanwhile, heat **1 tbs olive oil** in the reserved frypan. Add the **celery, garlic and chilli**. Cook over medium heat, stirring occasionally, for 3 mins. Add the **broccoli** and **lemon zest** and cook for 2 mins. Add the **cream** and **reserved water** and simmer for 2 mins or until the broccoli is tender. Season well with **salt and pepper**.



### 2. Cook salmon

Heat **1 tbs olive oil** in a large frypan over medium-high heat. Add the **salmon**, season with **salt and pepper** and cook for 2-3 mins each side, until almost cooked through (cooking time will vary, depending on the thickness of the fillet). Remove from the pan and cover to keep warm. Reserve the pan.



### 5. Add pasta

Add the **pasta** to the pan and toss to combine well. Cook, covered, stirring occasionally, for 2-3 mins until heated through.



### 3. Cook pasta

Cook the **pasta** in the boiling water for 7 mins or until al dente. Reserve **125ml (1/2 cup) cooking water** then drain the pasta. Return the pasta to the saucepan and set aside.



### 6. Get ready to serve

Flake the **salmon** into large chunks. Add to the frypan with the **olives** and toss to combine. Divide the **salmon pasta** among bowls, scatter over the **parsley** and the **poppy seeds** then serve with the **lemon wedges**.