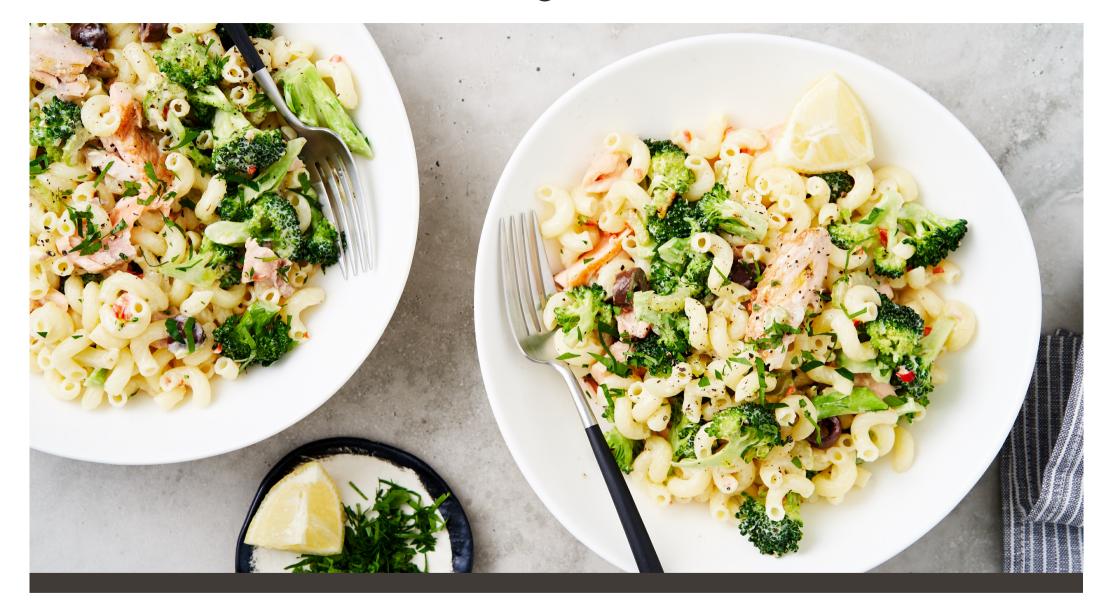
MARLEY SPOON



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 ⁷
- parsley, celery, long red chilli, garlic
- black pitted olives
- Tasmanian salmon⁴
- 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.



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.



3. Cook pasta

Cook the **pasta** in the boiling water for 7 mins or until al dente. Reserve **125ml (½ cup) cooking water** then drain the pasta. Return the pasta to the saucepan and set aside.



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**.

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.



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.

