



Buttered Salmon Casarecce

with Tarragon and Lemon



20-30min



2 Portions

Classic flavour combinations are just that - they stand the test of time. For summer's version of comfort food, pan-cook fresh salmon and flake it into chunks. Toss it with hot pasta, some quick-cook veggies, a buttery sauce, zingy with lemon and top it all with crispy salmon skin for pops of crunch and flavour.

What we send

- 4
- 1

What you'll require

- butter ⁷
- olive oil
- sea salt and pepper

Utensils

- fine grater
- medium frypan
- medium saucepan

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

Cooking tip

Salmon cooking times may vary depending on the thickness of the fillet.

Allergens

Gluten (1), Fish (4), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 800kcal, Fat 32.0g, Carbs 75.8g, Proteins 45.1g



1. Prepare ingredients

Bring a medium saucepan of salted water to the boil for the pasta. Finely grate the zest of **half the lemon**, then juice the half (the remaining half won't be used in this dish). Finely chop the **tarragon** leaves, discarding the stems.



2. Cook pasta

Cook the **pasta** in the pan of boiling water for 7-8 mins. Add the **peas** and cook for a further 2 mins or until the pasta is al dente.



3. Drain pasta and peas

Reserve **80ml (1/3 cup) cooking water**, then drain the pasta and peas.



4. Cook salmon

Heat **2 tsp olive oil** in a frypan over high heat. Season the salmon with salt and pepper, then cook, skin-side down, for 3 mins or until the skin is very crisp. Reduce the heat to medium-high, turn the salmon and cook, flesh-side down, for a further 2-3 mins until just cooked through, or cooked to your liking (see cooking tip). Remove from the pan.



5. Make lemon butter sauce

Add the **lemon zest, lemon juice** and **25g butter** to the pan and cook, stirring, for 1 min or until melted. Whisk in the **reserved cooking water**.



6. Get ready to serve

Add the **spinach, pasta, peas** and **tarragon** to the **sauce**. Season well with **salt and pepper**. Cook, stirring, for 1 min or until the spinach has wilted. Remove from the heat. Flake the **salmon** into large chunks, then thinly slice the **crispy skin** into strips. Divide the **pasta** and **salmon** among bowls. Scatter over the **crispy skin** to serve.