

## Buttered Salmon Casarecce

with Tarragon and Lemon



20-30min



4 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

- 2 x 150g peas
- 4 Tasmanian salmon fillets <sup>4</sup>
- 2 x 200g casarecce pasta <sup>1</sup>

## What you'll require

- butter <sup>7</sup>
- olive oil
- sea salt and pepper

## Utensils

- fine grater
- large frypan
- large 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 790kcal, Fat 32.0g, Carbs 75.3g, Proteins 45.0g



**1. Prepare ingredients**

Bring a large saucepan of salted water to the boil for the pasta. Finely grate the **lemon** zest, then juice. 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.



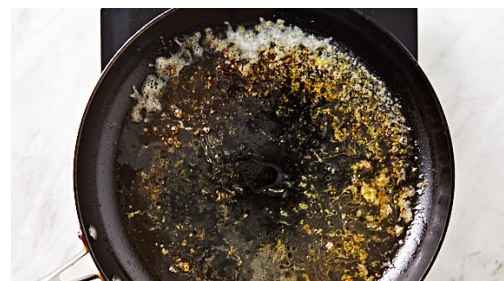
**3. Drain pasta and peas**

Reserve **125ml (½ cup) cooking water**, then drain the pasta and peas.



**4. Cook salmon**

Heat **1 tbs 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 **50g 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.