

## Salmon and Broccoli Pasta

**Serves 10**

Ingredients	
<b>600g Fusilli (pasta twists)</b>	<b>750g salmon fillets</b>
<b>4 tbsp (60ml) sunflower oil</b>	<b>2 bay leaves</b>
<b>2 (300g) onions, peeled and finely chopped</b>	<b>450g crème fraiche</b>
<b>2 (12g) garlic cloves, peeled and crushed</b>	<b>600ml Kallo low salt vegetable stock</b>
<b>300g red peppers, deseeded and chopped</b>	<b>300g tomatoes cut into chunks</b>
<b>300g broccoli florets</b>	<b>250g cheddar cheese, grated</b>
<b>3 (360g) courgettes, sliced</b>	

- **METHOD:**
- Cook the pasta according to the pack instructions, drain and stir in 1 tbsp of oil to prevent from sticking.
- Make the stock using 1 Kallo low salt stock cube and 600 ml boiling water
- In a large pan, heat the remaining oil, add the onion, garlic and peppers and cook for 3-4 minutes.
- Add the broccoli and courgettes and sauté for a further 7-8 minutes.
- In another pan, cover the salmon fillets with water, add the bay leaves. Heat gently to simmering point and poach the fish for 5-6 minutes.
- Drain the fish, flake into bite sized pieces and keep warm.
- Add the crème fraiche to the vegetables and melt. Add the stock a little at a time to make a creamy sauce (you shouldn't need all 600 ml)
- Now stir the tomatoes and the salmon into the sauce and bring to the boil. Take off the heat, and add the grated cheese to melt into the sauce.
- Pour the sauce over the pasta and gently stir until all the pasta is coated in the sauce. Serve immediately.



- ✓ **COOK'S TIP-** For puree diets, prepare extra broccoli and courgette and make a puree.
- ✓ **FOR WHEAT FREE DIETS, USE WHEAT FREE PASTA**
- ✓ **FOR DAIRY FREE DIETS, REPLACE THE CRÈME FRAICHE AND CHEESE WITH 500g DAIRY FREE CREAM CHEESE.**
- ✓ **FOR VEGETARIAN DIETS, OMIT THE SALMON AND REPLACE WITH QUORN PIECES. USE VEGETARIAN CHEDDAR CHEESE.**

### Nutrition analysis per serving

Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
557	29	40	50	0.3	0.8	2.6	267