

CHEF TRISHA HENNESSY

TUESDAY NIGHT CLUB RECIPES



Healthy Salmon Pasta

Ingredients

Serves 4

240 grms wholewheat pasta.

3 pieces of skinless salmon.

1 tablespoon oil.

1 onion, peeled and finely chopped.

2 cloves of garlic, finely chopped.

125 mls vegetable stock.

Salt & pepper.

100 mls light creme fraiche.

Grated rind & juice of 1 lemon.

200 grms frozen peas.

A good bunch of chopped dill or chives.

Grated Parmesan.

Method

1. Put the pasta into a pot and add twice the amount of lightly salted water. Place a colander on top that is lined with parchment. Put the salmon on top of the parchment and close with a tight fitting lid.
 2. Turn on the heat & once it comes up to the boil, turn down and simmer for 10 minutes.
 3. Remove pot from the heat, take out the salmon & place on a plate. Strain the pasta & set aside.
 4. Meanwhile heat the oil in a frying pan & sauté off the onion & garlic for a few minutes.
 5. Then add stock, peas & cook out for 5 minutes.
 6. Add the creme fraiche, lemon juice, rind & season.
 7. Flake the salmon into the pasta & add chopped chives or dill.
 8. Finish with a sprinkling of Parmesan.
- Add mange tout and sliced green beans to pump up the vegetable content when adding peas.