



PASTA PESTO SALMON

INGREDIENTS

- 1/2 clove of garlic, raw [2 g]
- 1 whole small unit [2-2/5" dia] of tomatoes, red, ripe, raw, year round average [91 g]
- 90 grams of pasta, wholewheat, spaghetti, dried, raw
- 1/2 medium unit of courgette, raw [50 g]
- 1 fillet of salmon, red [sockeye], filets with skin, smoked [Alaska Native] [108 g]
- 20 grams of sauce, pesto, CLASSICO, basil pesto, ready-to-serve
- 1 tablespoon of oil, olive [11 g]
- 1 tbsp of vinegar, balsamic [16 g]
- 1/2 small unit of onions, raw [35 g]

COOKING METHOD

- 1° chop all vegetables in small cubes
- 2° heat olive oil in a sauté pan, bake the onions, after 3 minutes add the courgette and tomato cubes, bake it all for 10 minutes.
- 3° Boil water in a pan with a lid and cook the spaghetti, covered with the lid, for 10 – 12 minutes until al dente. Drain and leave to steam dry without the lid.
- 4° Heat the leftover olive oil in a frying pan on high heat and fry the salmon fillet for 3 minutes on the skin. Reduce the heat and flip the salmon over to its other side. Spread 1 tsp pesto on the skin of the salmon fillet and fry for 1 – 2 more minutes, with the skin up. Season with salt and pepper.
- 5° mix the spaghetti with the cooked vegetables. Add the rest of the pesto and mix well.
- 6° Put the spaghetti on a plate and serve with the salmon fillet on top.

NUTRITIONAL INFORMATION

	PER 100 g	% DRI
ENERGY	215 kcal	11 %
PROTEIN	19 g	38 %
CARBOHYDRATE	18 g	7 %
SUGARS	3 g	3 %
FAT	8 g	11 %
FATTY ACIDS, TOTAL SATURATED	1 g	7 %
FIBER	3 g	12 %
SODIUM	66 mg	3 %