



Creamy Salmon Pasta

There's nothing better than velvety, creamy pasta with flavourful salmon fillets

Serves: 4

Prepare: 10 Minutes

Cook: 20 Minutes

Difficulty: easy

Ingredients

- 200g pasta
- 1tbsp olive oil
- salt and pepper (to season)
- 4 [organic salmon fillets](#)
- ½tsp italian seasoning
- 3 pressed garlic cloves
- 30g chopped sun-dried tomatoes
- 1tbsp of plain flour
- 190g skimmed milk
- 150g strained fresh spinach
- bunch of freshly chopped parsley

Method

1. Cook the pasta, according to the packet instructions until al dente, then drain and drizzle with a little bit of oil, season with salt and pepper. Once mixed in well, put this to one side
2. Season the salmon fillets on both sides with the Italian seasoning and some salt
3. On a medium heat, heat up the oil in a large skillet and add in the salmon to cook for 3-5 minutes. Gently turn them over and cook for an additional 3-4 minutes or until the salmon looks flaky. You will then need to set them aside on a plate
4. Add in the garlic and sun-dried tomatoes to the same skillet and flash cook for a minute. Stir in the flour and pour in the milk gradually, making sure to stir continuously until a smooth sauce forms
5. Add in the spinach to the sauce and keep stirring until it's wilted. Season with more salt and pepper, as required
6. Add the cooked pasta to the sauce, and cook for a couple minutes until it's all heated through
7. In the meantime, flake the cooked salmon with a fork and stir into the pasta and the sauce, making sure you take it off the heat
8. Top off the dish with chopped parsley and a pinch of salt and pepper, and serve