

Salmon and broccoli pasta

On the table in half an hour, this healthy, delicious and filling pasta dish is perfect for busy mid-week evenings.

Prep: 15 mins Cook: 15 mins Serves: 4

Method

1. Set a large saucepan of water on the hob to boil and preheat the grill to medium-high. Arrange the salmon fillets on the grill rack and cook for 5 to 6 minutes. Turn off the grill and leave the salmon to rest.
2. While the salmon is grilling, cook the pasta shapes in the boiling water for 8 minutes, then add the spring onions and broccoli and cook for a further 3 or 4 minutes.
3. Put the peas in a large colander. Once the pasta, broccoli and spring onions are cooked, drain them into the colander over the peas – make sure to reserve 2 tablespoons of the cooking water in the pan.
4. Put the soft cheese and skimmed milk into the hot saucepan with the reserved cooking water. Stir over a medium heat until smooth. Then add the lemon zest and parsley (or chives).
5. Return the pasta and vegetables to the saucepan with the sauce and heat gently for a couple of minutes, until warmed through.
6. Carefully break the salmon into chunks and add to the pan – stir gently to avoid the salmon breaking up too much. Season everything with pepper, then serve each portion with 1 teaspoon of grated cheese on top.

Top tips:

- For an extra portion of veg, try adding a chopped courgette or pepper along with the broccoli.
- This dish works with any pasta, so use what you have. But remember that wholewheat pasta is higher in fibre.



Ingredients

- 2 salmon fillets
- 250g wholemeal pasta (any shape is fine, but penne works well)
- 5 spring onions, washed and chopped
- 400g broccoli, broken into small florets
- 100g peas (fresh or frozen)
- 150g lower-fat soft cheese
- 150ml skimmed milk
- zest of 1 lemon
- 2 tablespoons fresh parsley or chives, chopped
- 1 pinch ground black pepper
- 4 teaspoons reduced-fat hard cheese, finely grated

