



Creamy Tarragon Salmon Spaghetti

with Zesty Pangrattato, Asparagus and Tomato Rocket Salad

32

Salmon Special | 30-35 Minutes • 2 of your 5 a day



Garlic Clove



Salmon Fillet Skin-On



Asparagus Bundles



Spaghetti



Lemon



Tarragon



Panko Breadcrumbs



Creme Fraiche



Vegetable Stock Paste



Medium Tomato



Grated Hard Italian Style Cheese



Rocket

Pantry Items

Oil, Salt, Pepper, Olive Oil, Honey

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, baking paper, baking tray, colander, fine grater, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	5	6
Salmon Fillet Skin-On** 4)	2	3	4
Spaghetti 13)	180g	270g	360g
Asparagus Bundles**	100g	150g	200g
Lemon**	1	1	2
Tarragon**	1 bunch	1 bunch	1 bunch
Panko Breadcrumbs 13)	10g	15g	20g
Crema Fraiche** 7)	150g	225g	300g
Vegetable Stock Paste 10)	10g	15g	20g
Medium Tomato	1	2	2
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Rocket**	20g	40g	40g
Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Honey*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	494g	100g
Energy (kJ/kcal)	4454 /1065	903 /216
Fat (g)	55.3	11.2
Sat. Fat (g)	22.7	4.6
Carbohydrate (g)	91.9	18.6
Sugars (g)	16.3	3.3
Protein (g)	46.6	9.5
Salt (g)	2.40	0.49

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

4) Fish 7) Milk 8) Egg 10) Celery 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Bake the Salmon

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **spaghetti**.

Peel and grate the **garlic** (or use a garlic press).

Lay the **salmon fillets**, skin-side down, onto a lined baking tray. Spread **half** of the **garlic** over the **fillets** and season with **salt** and **pepper**.

When the oven is hot, bake on the top shelf until cooked through, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



Bring on the Creamy Sauce

Pop the (now empty) frying pan back on medium-high heat with a drizzle of **oil**. Once hot, add the **garlic** and **half the chopped tarragon**. Fry for 30 secs.

Stir in the **creme fraiche**, **veg stock paste** and **water for the sauce** (see pantry for amount). Simmer until piping hot, 2-3 mins.

Meanwhile, chop the **tomato** into 1cm chunks.

Squeeze **half the lemon juice** into a medium bowl. Add **olive oil** and **honey** (see pantry for both amounts), then season with **salt** and **pepper**. Stir the **tomato chunks** through the **dressing** and set aside.



Cook the Pasta

Meanwhile, trim the bottom 2cm from the **asparagus** and discard. Cut into thirds.

When your pan of **water** is boiling, add the **spaghetti** and bring back to the boil. Cook until tender, 8 mins.

When the **pasta** has 2 mins left, add the **asparagus** to the same pan to cook for the remaining time.

Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop the **pasta** sticking together.



Combine and Stir

Once the **salmon** is cooked, gently peel off and discard the skin. Using a fork, flake the **fish** into bite-sized pieces.

Stir the **cooked pasta**, **asparagus**, **flaked salmon**, remaining **tarragon** and **grated hard Italian style cheese** into the **sauce**.

Season with **salt** and **pepper** and add a good squeeze of **lemon juice**. Add a splash of **water** to loosen if needed.



Make your Pangrattato

Meanwhile, zest and halve the **lemon**. Pick the **tarragon leaves** from their stalks and roughly chop (discard the stalks).

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **breadcrumbs**. Season with **salt** and **pepper** and fry, stirring regularly, until lightly toasted, 3-4 mins. **TIP:** Watch them like a hawk as they can burn easily.

Once cooked, transfer the **toasted crumbs** to a small bowl, then set your **pangrattato** aside.



Finish and Serve

When everything's ready, add the **rocket** to the bowl of **tomatoes** and toss to coat in the **dressing**. Stir the **lemon zest** through the **pangrattato**.

Share the **salmon pasta** between your bowls and sprinkle over the **zesty pangrattato**.

Serve with the **salad** and any remaining **lemon** cut into **wedges** alongside.

Enjoy!