

# Marinated flaked salmon penne

(Serves 2)

## Ingredients

- 2 tbsp Oil, Olive, napolini
- 1 Lime, zest & juice
- 20g Ginger, fresh, finely chopped
- 1 Garlic Clove, chopped
- 1/2 Chilli, fresh red, deseeded & chopped
- Pinch Cayenne pepper
- 120g Salmon fillets, skinless & boneless
- 150g Pasta, wholewheat penne
- 2 Peppers, any colour, deseeded & chopped
- 160g Spinach leaves
- 1/2 Lime, juice only

## Preparation

1. Mix oil, lime zest & juice from 1 lime, ginger, garlic, chilli & cayenne pepper in a dish.
2. Lay salmon fillets in the marinade & coat.
3. Cover & leave in fridge to marinate for approx 2 hours.
4. Heat a non-stick frying pan or wok on hob.
5. Remove fish from marinade, keeping remaining marinade to one side.
6. Fry fish on a medium heat for approx 4 minutes each side. Remove & set aside. Keep pan & it's cooking juices.
7. Bring a small pan of water to boil.
8. Cook pasta according to packet instructions then drain & set aside.
9. Whilst pasta cooking, re-heat cooking juices with remaining marinade.
10. Stir fry peppers for 2-3 minutes. Add spinach & cook until wilted.
11. Flake salmon & mix in with peppers & spinach.
12. Stir in pasta & heat through.
13. Stir in the juice of 1/2 lime & serve immediately.

**TOP TIP:** Cooking the salmon doesn't require any further oil as there is plenty in the marinade. It is easier to cook the full salmon fillets & then weigh 120g once flaked rather than trying to get the right weight before cooking.

## NUTRITIONAL VALUES PER SERVING

Calories 600

Total Sugars 8.54g

Total Fats 25.78g

Saturated Fats 3.83g

Salt 0.18g

Fruit & Veg 3