



## BigFish Recipe™ Super Salmon Carbonara

A seafood twist on the Italian classic. You can use our plain frozen salmon or trout fillets in this recipe or experiment with one of our marinade flavours.

**Preparation time:** 15 minutes

**Cooking time:** 10 minutes

**Serves:** Four

### Ingredients

2 BigFish salmon or trout portions

400g spaghetti

2 free range eggs

40g finely grated Parmesan or Grana Padano cheese

Finely grated zest of one lemon, plus a little juice

100ml of single cream

3 tbsp chopped fresh chives or parsley

### Method

1. Prepare the salmon fillets by cooking from frozen in the microwave according to the pack instructions.
2. Remove the fillets from the microwave and pop on a plate, skin side down. Season with salt and half the lemon zest. Leave for a few minutes until cool enough to handle then remove the skin and flake the salmon fillet into pieces.
3. Beat the eggs in a bowl together with the cream, cheese, a squeeze of lemon juice and the remaining lemon zest. Stir in the herbs and season, reserving a little for garnish.
4. Cook the spaghetti according to the pack instructions and drain, keeping a cupful of the hot cooking water.
5. Now add the hot pasta and the flaked salmon to the egg mixture and toss together. If the sauce is too thick, use a little of the reserved pasta cooking water to loosen it.
6. Serve immediately, adding a little extra cheese if you like and garnishing with herbs.

With thanks to [Tesco recipes](#) for the inspiration