



## BigFish Recipe™

### Creamy pasta with salmon, lemon and garlic

This simple yet elegant pasta dish is easy to make in just 20 minutes and would be great for a date night in!

**Preparation time:** 10 minutes  
**Cooking time:** 15 minutes  
**Serves:** 2

#### Ingredients

120g good quality dried pasta eg. tagliatelle or fettucine  
2 BigFish plain salmon (or can use trout) fillets, defrosted  
1 small onion, finely chopped  
3 cloves garlic, finely chopped  
1 tbsp freshly squeezed lemon juice  
1 tbsp fresh parsley, chopped  
120 ml white wine  
175 ml whipping cream  
170g freshly grated Parmesan cheese  
1 tbsp plain flour

#### Method

1. Bring a large pot of lightly salted water to the boil and cook the pasta according to the packet instructions, until it is just 'al dente.'
2. Meanwhile, remove the skin from the salmon fillets, season on both sides with salt and pepper.
3. Add the butter and olive oil to a skillet or frying pan on a medium high heat. Then cook the salmon for a couple of minutes on both sides. Set the fillets aside.
4. Put the onion and garlic in the pan, and sizzle gently for a minute to soften.
5. With the pan on a medium heat, now add the white wine and lemon juice, scraping the pan to deglaze it and incorporate everything into the sauce. Now add the cream and parmesan and stir to combine everything.
6. Slowly add the flour whilst still stirring to avoid any lumps.
7. When the sauce is combined, reduce the heat and add the salmon back to the pan, breaking it up gently with your spoon into bite-sized chunks. Cook for another five minutes or so until the sauce has thickened and the salmon is cooked through.
8. Now drain the pasta and add it to your pan, along with one tablespoon of the cooking water, just to loosen the sauce slightly. Gently mix to combine the sauce and pasta.
9. Serve immediately in warmed dishes with a sprinkling of parsley and a little extra parmesan, if you wish.