



BigFish Recipe™

Easy-Peasy Salmon with pasta

Easy-peasy – a perfect dish to celebrate our home region during Lincolnshire Pea Week!

This takes minutes to prepare but is fresh and delicious, a great recipe for a midweek summer supper. BigFish Garden Mint salmon goes particularly well with the peas but do feel free to experiment with our other salmon marinade flavours.

Preparation time: 5 minutes
Cooking time: 10 minutes
Serves: 2-3

Ingredients

2 BigFish Garden Mint salmon fillets, defrosted with the skin removed and chopped into chunks
240g wholewheat fusilli or other short pasta
A knob of butter
1 large shallot, finely chopped
140g frozen Lincolnshire peas
140g low fat crème fraîche
½ low salt vegetable stock cube
small bunch fresh chives, chopped
fresh mint, for decoration

Method

1. Bring a pan of water to the boil and cook the fusilli according to the pack instructions.
2. Meanwhile, heat the butter in a saucepan, add shallot and cook gently for 5 mins or until softened.
3. Add the peas, salmon, crème fraîche and 50ml water to the saucepan with the butter. Crumble in the stock cube.
4. Now heat for 3-4 mins on a low to medium heat until everything is cooked through.
5. Add the cooked pasta to the saucepan, stir in the chopped chives and season well with black pepper. Make sure everything is combined and then serve in warmed bowls or dishes.

Lou says:

“Our Garden Mint fillets are gluten free, so if you make this with gluten-free pasta you’ll have an easy ‘free from’ dish. Also, any leftovers are delicious the next day cold from the fridge!”

With thanks to [BBC GoodFood](#) for the inspiration