



Salmon and Broccoli Pasta

Ingredients - Serves 4

- 55g Salmon fillet
- 1tsp Lemon juice
- 1 tsp Dill
- 5g Butter
- $\frac{1}{2}$ Small onion, finely chopped
- 2 tsp Plain flour
- 150ml Vegetable stock
- 100ml Milk
- 3 tbsp crème fraiche
- 3 tbsp cheese (you can use parmesan if you prefer)
- 55g Broccoli, chopped
- 1 tsp Lemon juice
- Pasta

Method

- Preheat oven to gas mark 5. Place salmon on a piece of tin foil on a baking tray, sprinkle with lemon juice and dill. Cover with another piece of tin foil and secure the edges. Cook for 30-35mins. Once cooked leave in the tin foil for 10minutes.
- Mean while cook the pasta and start the sauce.
- Melt butter in a saucepan and add the onions, fry for a few minutes until soft.
- Add flour and mix together, blend in the milk and stock.
- Bring to the boil.
- Add the broccoli and simmer covered for 5-6minutes until soft.
- Whiz in a food processor until smooth
- Stir in the crème fraiche, cheese, lemon and cooked salmon.
- Simmer for 2minutes
- Drain the pasta and serve with the sauce.

Enjoy!

