



Creamy salmon and lemon penne

This recipe is a real winner! It is simple, easy and bursts with fresh flavours. You can replace the salmon with any other fish or even smoked salmon (which gives it some real extra flavour). You can also replace the penne with any other pasta like orecchiette or linguine.

Estimated preparation Time: 12 minutes

Completion Time: 15 minutes

Skill level: easy

Serving size: 1

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Equipment: Pot with lid to cook the pasta
Frying pan
Strainer
Spatula or wooden spoon

Ingredients

2 litres water (and 4 litres if you cook 4 portions)

1 teaspoon of salt

100 gm penne

1 teaspoon of olive oil

½ garlic clove peeled, crushed and finely chopped

Finely grated zest of ¼ lemon

1 teaspoon of seeded mustard or 1 anchovy fillet or 1 teaspoon of salted baby capers

¼ cup of cream

200gm fresh salmon fillet without skin and cut into 1-2 cm large cubes

Juice of a quarter lemon

¼ cup of flat leaf parsley roughly cut or basil or coriander or dill or tarragon

¼ cup of olives, stones removed or sundried tomatoes, optional

Method

1. Bring a pot with water to the boil (2 litres and 4 litres if you cook 4 portions)
2. Add the teaspoon of salt
3. Add the pasta and cook according to the cooking instructions of the brand you use
4. Stir the pasta from time to time to keep it from sticking together
5. While the pasta cooks, heat a frying pan for 1 minute
6. Add the olive oil
7. Add the garlic
8. Reduce the heat and cook the garlic for 1 minute
9. Add the lemon zest

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10. Add the mustard
11. Add the cream
12. Bring to the boil
13. Turn the heat off and set aside
14. Add the salmon to the pan
15. When the pasta is cooked, drain it through the strainer and let sit for 1 minute so excess water can evaporate
16. Add the pasta to the pan with the cream mixture
17. Turn the heat to high and heat for 1 minute
18. Stir the pasta together
19. Add lemon juice
20. Add salt
21. Add pepper
22. Stir well
23. Add herbs (and olives) and combine and serve

Chef's Tips:

This recipe is a real winner! It is simple, easy and bursts with fresh flavours. You can replace the salmon with any other fish or even smoked salmon (which gives it some real extra flavour). You can also replace the penne with any other pasta like orichette or linguine.

What to serve with? A nice leaf salad is definitely the best option as well as steamed asparagus or Snowpeas