

# BACK POCKET DINNERS



GARLIC SPAGHETTI



CHEESY DUTCH  
BABY



SPICY SALMON  
CAKES

# GARLIC SPAGHETTI

Prep time 5 minutes | Ready in Less Than 20 Minutes | Serves 2

Boil **225g spaghetti** in a large pot of well-salted water until just tender, about 9 min or according to package directions. Meanwhile, heat **2 tbsp butter** and **1 tbsp canola oil** in a medium frying pan over low heat. Add **2 cloves of garlic**, thinly sliced, and **1/2 tsp chili flakes** (if you like), Cook very gently, stirring once in a while, 3 to 4 minutes or until garlic is translucent.

As soon as the pasta is ready, use tongs to transfer it directly into the garlic pan and toss so butter mixture coats every strand. Divide between 2 warmed bowls and drizzle with a little **extra-virgin olive oil**. Serve with freshly-grated **Parmesan**.

# CHEESY DUTCH BABY

Prep time 10 minutes | Ready in 25 Minutes | Serves 2 to 3

Preheat the oven to 450°F. Whisk **4 eggs** with **2/3 cup all-purpose flour** in a large bowl. Whisk in **2/3 cup milk** and **1/4 tsp salt**. Whisk in **1/3 cup grated cheddar**. Melt **3 tbsp butter** in a 10-inch, oven-safe frying pan (such as cast iron) over medium. Swirl so it coats bottom of pan. Pour in egg mixture. Sprinkle with another **1/3 cup grated cheddar**. Transfer pan to oven. Bake 12 to 15 minutes, or until mixture puffs up and browns across top.

While the Dutch baby cooks, whisk **2 tbsp extra-virgin oil** with **1 tbsp tbsp balsamic vinegar** and **1/8 tsp salt** in a large bowl. Add **4 cups mixed greens**, **1/2 cup cherry tomatoes (halved)** and **1 minced green onion**. Toss to coat. Pile salad into the centre of the hot Dutch baby and serve immediately, cut into wedges.

# SPICY SALMON CAKES

Prep time 15 minutes | Ready in 25 Minutes | Serves 2 to 3

Whisk **1 egg** with **1/2 cup milk or cream** in a large bowl. Add **213-g can salmon**, drained, and mash with a fork. Add **3/4 cup panko**, **1 small minced onion**, **1/4 cup finely chopped Indian hot lime pickle** and **1/4 tsp salt**. Stir very well to combine. Shape into 4 small patties.

Heat a large non-stick frying pan over medium high. Add **1 tbsp canola oil**, and let it heat for 30 seconds or so. Add the patties. Cook 2 minutes, then flip patties over and cook another 4 to 6 minutes, lowering heat as required, until cooked through.

## INGREDIENT TIPS:

I use salmon that is packed with its skin and bones (they mash into nothingness and contribute to the dish's calcium and good fats), but if that's unthinkable, feel free to use an equal amount of the boneless, skinless salmon.

Hot lime pickle is a delicious Indian chutney sold in many grocery stores. You can substitute 1 tbsp hot sauce mixed with the zest and juice of 1 lime.