



Pappardelle with fish roe

10'
Hands on

8'
Cook Time

2-4
Portion(s)

2
Difficulty



Ingredients

- 250 g pappardelle
- salt
- 3 tablespoon(s) butter
- 1 clove(s) of garlic
- 50 g fish roe
- 1/4 bunch parsley
- 1 sprig(s) rosemary
- lemon zest, of 1 lemon
- 2 slices lemon
- lemon juice, of 1/2 lemon
- pepper

To serve

- slices lemon
- parsley

Method

- In a **pot** with boiling water, add salt and the pappardelle.
- Boil according to the packet's instructions.
- Remove the wax that is around the fish roe and very carefully, remove the membrane.
- Place a **frying pan** over high heat and add the butter. Let it melt.
- Finely chop the garlic and add it to the frying pan.
- Drain the pappardelle, add them to the frying pan and mix.
- Lower the heat and add the fish roe cut into very thin slices. Add them in batches so that the slices won't stick together.
- Finely chop the parsley, the rosemary leaves, and zest the lemon.
- Remove the frying pan from the heat, add the herbs, the flesh of the lemon slices cut into small pieces, the lemon juice, pepper, and mix.
- Serve with lemon slices and parsley.

Tip

Wrap the remaining fish roe in plastic wrap and preserve it in the refrigerator or the freezer.

Διατροφικός πίνακας

Nutrition information per portion

256 Calories (kcal)	1.5 Total Fat (g)	0.3 Saturated Fat (g)	47.0 Total Carbs (g)
13%	2%	2%	18%
1.3 Sugars (g)	11.0 Protein (g)	4.2 Fibre (g)	0.71 Sodium (g)
1%	22%	17%	12%