



Recipe Category / Pasta

Salmon tagliatelle

10'

Hands on

15'

Cook Time

4

Portion(s)

1

Difficulty



Ingredients

- 500 g tagliatelle
- 4 tablespoon(s) olive oil
- 200 g salmon, fillet, skinless
- 2 tablespoon(s) garlic
- 2 tablespoon(s) dill
- 800 g canned tomatoes, or finely chopped fresh tomatoes
- 50 g milk, 1,5% fat
- 100 g parmesan cheese, grated
- salt
- pepper

To serve

- dill, finely chopped
- capers
- slices lime(s)

Method

- In a large **pot** with salted water, boil the tagliatelle for 2 minutes less than the packet's instructions.
- Drain the tagliatelle, transfer to a **bowl**, add 2 tablespoons olive oil, and mix so that the pasta doesn't stick together. Set aside until needed.
- Finely chop the garlic and the dill.
- Place a **wok** or a deep frying pan over medium-high heat until it's very hot, and add 2 tablespoons olive oil.
- Sauté the salmon fillet for 2 minutes on each side, until golden.
- Add the garlic and sauté for 1 more minute.
- Remove the salmon from the wok.
- Add the canned tomatoes along with the milk into the wok and let them boil for 2 minutes.
- Remove the wok from the heat.
- Add the dill, the grated parmesan, salt, pepper, the tagliatelle, the salmon -after cutting it into irregular pieces- and mix well.
- Serve with finely chopped dill, capers, and lime slices.

Διατροφικός πίνακας

Nutrition information per portion

807 Calories (kcal)	24.0 Total Fat (g)	7.6 Saturated Fat (g)	101.0 Total Carbs (g)
40%	34%	38%	39%
10.0 Sugars (g)	40.0 Protein (g)	9.8 Fibre (g)	2.1 Sodium (g)
11%	80%	39%	35%