



Smoked Salmon & Vegetable Pesto Pasta

A simple, healthy dish bursting with flavour. The premium smoked salmon and Happy Pear Pesto make this dish an authentic Irish meal with many locally sourced ingredients.

Chefs Tip: Keep the tenderstem broccoli pieces sliced about the same size as the penne pasta.

Ingredients

- Smoked Salmon
- Happy Pear Pesto
- Tenderstem Broccoli
- Penne Pasta
- Sugar Snap Peas

Your Pantry

- Olive Oil
- Salt

Nutritional Info

Calories: 552 kcal
Carbohydrates: 66 g
Protein: 26 g
Fat: 21 g

Allergens


Fish (Salmon)
Nuts (Cashews in Pesto)
Wheat (Pasta)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) **Boil the pasta**

In a pot of salted boiling water cook the penne pasta for 8-10 min.

2) **Prepare the broccoli & salmon**

While the pasta is boiling, cut the broccoli into 1 inch pieces. Slice the smoked salmon into strips.

3) **Cook the vegetables**

In a pan with a little olive oil, over a medium heat, gently cook the broccoli for 2 minutes. Add in the sugar snap peas and pesto.

4) **Add the smoke salmon**

Add the sliced smoked salmon to the pan.

5) **Add in the pasta and serve**

Strain the pasta and add it to the pan with the smoked salmon and vegetables. Toss everything together and serve.



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