

CREAMY SALMON PASTA

Equipment

None

Ingredients

Salmon

14	oz	salmon fillets (skin on)
2	tsp	olive oil
		salt and pepper to taste

Sauce

1/2	med	onion, finely chopped
3	clove	garlic, crushed
1	cup	heavy whipping cream
1	tbsp	dill, finely chopped
1	tsp	fresh lemon juice
1	lb	pasta, cooked (1 cup water, reserved)



Directions

- Pat the salmon dry with paper towels. Drizzle over the olive oil and season with salt and pepper.
- Heat a nonstick frying pan over high heat. Add the salmon, skin-side down, and cook until the skin is crispy and golden (approximately 3-4 minutes). Carefully flip the fish over and cook for another minute or two on the other until done to your preference. Remove from the pan and set aside.
- Add the butter to the pan then add the onion. Cook for a few minutes until softened and add the garlic. Cook for 30 seconds then pour in the cream. Add the dill and lemon then bring to a gentle simmer.
- Simmer the cream sauce for 5-7 minutes until it coats the back of a spoon. Flake in the salmon and season with salt and pepper.
- Add the pasta and toss until the pasta is coated in the sauce. If necessary add a few tablespoons of pasta water.
- Taste and adjust the seasoning, then serve.