

Creamy Salmon and Spinach Tagliatelle *Week 3*

Ingredients

400 gram tagliatelle

250 ml double cream

300 gram fresh spinach

1 salmon fillet

1 onion

2 cloves of garlic

10 cherry tomatoes

small handful of ~~roasted~~ pine nuts

olive oil

salt and pepper to taste

Method:

RINSE the fresh spinach and cherry tomatoes using running water. We like to remove the spinach stems, but you don't have to. FINELY [dice the onion](#) and chop the cloves of garlic. Cut 10 cherry tomatoes in thin slices, put aside. SLICE the salmon fillet into bite-sized chunks or strips.

Cooking the salmon and spinach tagliatelle — 15 minutes

ADD olive oil to the large (wok) pan, let it heat up for a bit then add in the chopped garlic and diced onions. Sauté for about 2 to 3 minutes on medium-high heat, or until glazed. ADD the chunks (or strips) of salmon, cook for another 2 minutes. Meanwhile, carefully turn the salmon now and then.

COOK tagliatelle according to package. We've bought fresh tagliatelle, so that only took 5 minutes for us. This process might take longer if you're using dried pasta.

ADD in a large handful of spinach leaves, wait for it to shrink in size, then add another handful. Repeat until all of the spinach has been added. POUR the double cream (cooking cream) into the pan. LASTLY, add in sliced cherry tomatoes and all of the cooked tagliatelle pasta. MIX together, taste and season with more salt and pepper if needed.