

Salmon, Spinach and Pumpkin Pasta

Serves: 4

Prep time: 20 minutes

Cook time: 20 minutes



1 ½ serves per portion

Ingredients

400 grams wholemeal penne pasta

2 large fillets of salmon, skin off

¼ butternut pumpkin, peeled

1 tablespoon olive oil

4 cups baby spinach leaves

Pinch of black pepper

1 tablespoon lemon juice

½ cup dill, finely chopped

Dill sprigs to garnish



Everyday Food

Method

PREHEAT oven to 180°C.

CUT butternut pumpkin into approximately 1cm thick slices and lightly coat in olive oil.

PLACE salmon fillets and pumpkin on a baking tray and cook for 15 to 20 minutes.

BRING a large saucepan full of water to the boil and cook pasta according to packet directions.

HEAT a heavy based frypan over medium heat and wilt the spinach with a little olive oil.

REMOVE salmon and pumpkin from oven and transfer to a large bowl. Flake the salmon with a fork and allow the pumpkin to break up.

ADD spinach to the bowl and season with pepper and lemon juice.

DRAIN the pasta and toss into the salmon, pumpkin and spinach mixture.

ADD the chopped dill, divide between 4 serving bowls.

GARNISH with dill sprigs and serve immediately.

Recipe courtesy of Suzie van Laarhoven, Country Kitchens team