

Salmon, Spinach and Pumpkin Pasta

Serves: 4

Prep time: 20 minutes

Cook time: 20 minutes



1 ½ serves per portion

Ingredients

¼ butternut pumpkin, peeled and chopped into chunks

2 tablespoon olive oil

2 large fillets of salmon, skin off or 400g canned tuna

400g wholemeal penne pasta

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.

PLACE pumpkin on a baking tray and toss in 1 tablespoon of olive oil.

ADD salmon to the tray with pumpkin and bake in the oven for 15 to 20 minutes.

COOK pasta to packet directions.

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

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

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