



Salmon and Broccoli Pasta

Prep:	10 mins
Cook:	20 mins
Total:	30 mins
Servings:	8 children

Ingredients

- 200g broccoli
- 350g (12oz) spaghetti
- 225g (8oz) skinless and boneless salmon fillets
- 150ml vegetable stock
- 25g (1oz) dairy free spread
- 4 spring onions, finely sliced
- 300ml (½ pt) soya cream
- Chopped fresh dill to garnish
- Salt and freshly ground black pepper

Method

1. To make this superfood recipe cook the spaghetti in a large pan of boiling salted water for 8-10 mins or until just tender or 'al dente'. Drain in a colander.
2. Whilst the pasta cooks, place the salmon in a medium frying pan, add the stock and salt and pepper. Cover, bring to the boil, then simmer for 5-6 mins or until the salmon is just cooked and flakes easily.
3. Transfer the salmon to a plate and break into large flakes with a fork. Increase the heat and simmer the cooking liquid until it is reduced to about 45ml (3tbsp).
4. Meanwhile, wash and prepare the broccoli
5. Add the spread to the reduced stock, then add the spring onions and broccoli and sauté for 3 mins.
6. Add the soya cream, cover and simmer for 3-4 mins or until the broccoli is tender.
7. Remove the lid, stir in the salmon and season to taste.
8. Add the sauce to the cooked spaghetti, then toss until coated in the sauce. Serve sprinkled with a little dill if liked

Adapted from <https://www.goodto.com/recipes/broccoli-and-salmon-tagliatelle>