



Pappardelle with Salmon and Leeks

READY IN



47 min.

SERVINGS



6

CALORIES



462 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup chicken stock see unsalted (such as Swanson)
- ☐ 2 teaspoons savory fresh minced
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 tablespoon flat-leaf parsley fresh minced
- ☐ 1 pound leeks trimmed thinly sliced
- ☐ 1 teaspoon lemon rind fresh grated
- ☐ 3 tablespoons olive oil extra-virgin divided
- ☐ 0.8 pound pappardelle pasta uncooked

- ☐ 1 pound sustainable salmon fillet fresh
- ☐ 0.8 teaspoon salt divided
- ☐ 2 teaspoons butter unsalted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ colander

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain pasta in a colander over a bowl, reserving 1/4 cup cooking liquid; keep pasta and cooking liquid warm.
- ☐ Heat 2 tablespoons olive oil in a large saucepan over medium heat.
- ☐ Add leeks, savory, and 1/2 teaspoon salt; cook 15 minutes or until leeks are translucent, stirring occasionally. Increase heat to medium-high.
- ☐ Add wine; cook 1 minute.
- ☐ Add stock; bring to a simmer.
- ☐ Remove from heat; stir in pasta, reserved cooking liquid, parsley, and lemon rind.
- ☐ Sprinkle salmon fillet with remaining 1/4 teaspoon salt and pepper.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add remaining 1 tablespoon olive oil and butter; swirl until butter melts.
- ☐ Add salmon fillet, and cook for 5 minutes on each side or until desired degree of doneness. Flake the salmon into large chunks. Arrange 1 cup of the pasta mixture on each of 6 plates, and top evenly with flaked salmon.
- ☐ Serve immediately.

Nutrition Facts



 PROTEIN **21.81%**  FAT **32.01%**  CARBS **46.18%**

Properties

Glycemic Index:33.33, Glycemic Load:20.04, Inflammation Score:-9, Nutrition Score:26.615652156913%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 461.7kcal (23.08%), Fat: 16.15g (24.84%), Saturated Fat: 3.33g (20.83%), Carbohydrates: 52.42g (17.47%), Net Carbohydrates: 49.02g (17.83%), Sugar: 4.45g (4.94%), Cholesterol: 93.39mg (31.13%), Sodium: 380.87mg (16.56%), Alcohol: 1.03g (100%), Alcohol %: 0.52% (100%), Protein: 24.76g (49.51%), Selenium: 73.5µg (105%), Vitamin K: 51.3µg (48.85%), Vitamin B6: 0.94mg (46.9%), Manganese: 0.9mg (44.81%), Vitamin B12: 2.57µg (42.85%), Vitamin B3: 7.79mg (38.93%), Phosphorus: 323.17mg (32.32%), Vitamin A: 1456.33IU (29.13%), Copper: 0.47mg (23.3%), Vitamin B2: 0.38mg (22.6%), Folate: 86.25µg (21.56%), Vitamin B1: 0.32mg (21.42%), Magnesium: 79.41mg (19.85%), Iron: 3.55mg (19.72%), Potassium: 682.88mg (19.51%), Vitamin B5: 1.89mg (18.95%), Vitamin C: 11.5mg (13.93%), Fiber: 3.4g (13.61%), Vitamin E: 1.96mg (13.1%), Zinc: 1.73mg (11.51%), Calcium: 80.11mg (8.01%), Vitamin D: 0.2µg (1.3%)