



Salmon and Veggie Linguini

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

489 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons brined capers drained
- ☐ 1 cup cherry tomatoes quartered
- ☐ 1 teaspoon dijon mustard
- ☐ 1 teaspoon optional: dill fresh minced
- ☐ 1 leaf flat parsley fresh chopped for garnish, optional
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 1 juice of lemon whole grated
- ☐ 4 servings kosher salt and pepper black freshly ground

- ☐ 2 slices optional: lemon plus more for garnish halved
- ☐ 8 ounces linguini fresh
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup peas frozen
- ☐ 8 ounce skin-on salmon fillets
- ☐ 2 tablespoons butter salted

Equipment

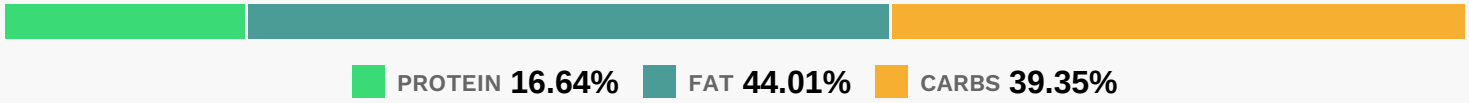
- ☐ bowl
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat a gas grill to medium-high heat or prepare a charcoal grill with a medium-hot fire.
- ☐ Spray a 12- by 12-inch square of heavy-duty aluminum foil with cooking spray.
- ☐ Place the salmon, skin-side down, on the center of the foil.
- ☐ Sprinkle the salmon with salt and pepper and sprinkle the Italian seasoning and coriander over the top. Put 1 tablespoon of butter on top of each fillet and place 2 half slices of lemon on each. Wrap the salmon tightly in the foil, place on the grill, and cook for 10 minutes.
- ☐ Remove the salmon from the grill and open the foil packet to allow the steam to escape.
- ☐ Let stand until cool enough to handle. Reserving any cooking liquid in the foil packet, transfer the salmon to a small bowl and using a fork, flake it into large pieces; discard the skin.
- ☐ Meanwhile, bring a large pot of salted water to a boil and cook the linguini until al dente, according to the package instructions.
- ☐ Put the peas in a large mixing bowl, drain the pasta and pour it over the peas in the bowl. (The heat from the pasta will cook the peas.)

- ☐ Add the reserved cooking liquid from the salmon to the bowl along with the tomatoes, capers and lemon zest.
- ☐ In a small bowl, whisk the lemon juice, olive oil and mustard together until thick and emulsified; pour the dressing over the pasta and toss well to coat.
- ☐ Add the flaked salmon and dill, and toss gently until combined. Taste and adjust the seasoning, if necessary.
- ☐ Transfer the pasta to a serving platter, garnish with chopped parsley and lemon slices, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:69.46, Glycemic Load:17.8, Inflammation Score:-7, Nutrition Score:20.014347843502%

Flavonoids

Eriodictyol: 1.11mg, Eriodictyol: 1.11mg, Eriodictyol: 1.11mg, Eriodictyol: 1.11mg Hesperetin: 2.06mg, Hesperetin: 2.06mg, Hesperetin: 2.06mg, Hesperetin: 2.06mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 5.27mg, Kaempferol: 5.27mg, Kaempferol: 5.27mg, Kaempferol: 5.27mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg

Nutrients (% of daily need)

Calories: 488.55kcal (24.43%), Fat: 23.92g (36.8%), Saturated Fat: 6.22g (38.88%), Carbohydrates: 48.11g (16.04%), Net Carbohydrates: 44.35g (16.13%), Sugar: 3.81g (4.23%), Cholesterol: 46.23mg (15.41%), Sodium: 203.68mg (8.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.35g (40.69%), Selenium: 57.7µg (82.43%), Manganese: 0.7mg (34.79%), Vitamin B6: 0.62mg (30.92%), Vitamin B3: 6.08mg (30.39%), Vitamin B12: 1.81µg (30.25%), Phosphorus: 257.24mg (25.72%), Vitamin C: 21.1mg (25.57%), Vitamin K: 22.59µg (21.51%), Copper: 0.39mg (19.56%), Vitamin B2: 0.3mg (17.41%), Vitamin E: 2.55mg (17.01%), Vitamin B1: 0.25mg (16.62%), Potassium: 559.91mg (16%), Magnesium: 61.1mg (15.28%), Fiber: 3.76g (15.05%), Vitamin B5: 1.29mg (12.91%), Iron: 2.15mg (11.96%), Folate: 45.73µg (11.43%), Vitamin A: 558.09IU (11.16%), Zinc: 1.5mg (10.01%), Calcium: 43.5mg (4.35%)