



Simple salmon with spring pasta

 Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



984 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings olive oil
- ☐ 2 fillet salmon fillet skinless
- ☐ 2 slices pancetta
- ☐ 200 g asparagus trimmed cut into short lengths
- ☐ 150 g extra wide egg noodles dried (we used egg pasta)
- ☐ 175 g avarakkai / broad beans mixed frozen podded fine (is)
- ☐ 5 tbsp mascarpone cheese
- ☐ 0.5 lemon zest cut into wedges

☐ 1 small bunch tarragon roughly chopped

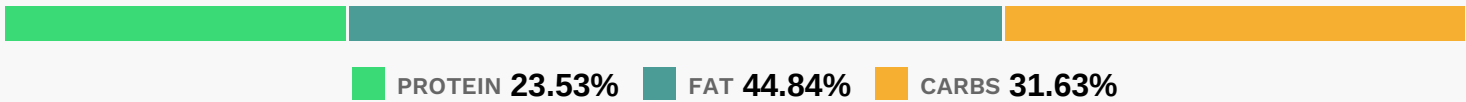
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Rub the oil over the bottom of a large roasting tin or baking dish. Season the salmon with black pepper and a little salt, then wrap a piece of prosciutto around the middle of each fillet. Roast for 10 mins, then toss the asparagus into the oily tin and roast for 5 mins more.
- ☐ Meanwhile, boil the pasta following pack instructions, adding the peas and beans 2 mins before the end of cooking. Once the vegetables and pasta are just tender, reserve a cup of the cooking water, then drain.
- ☐ Remove the salmon from the tin, then add the mascarpone, pasta, 3 tbsp of the cooking water, the lemon zest and juice, and tarragon. Season to taste and toss until the pasta is covered with creamy sauce.
- ☐ Serve with the fish and a lemon wedge.

Nutrition Facts



Properties

Glycemic Index:102, Glycemic Load:31.43, Inflammation Score:-9, Nutrition Score:48.315216893735%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.7mg, Isorhamnetin: 5.7mg, Isorhamnetin: 5.7mg, Isorhamnetin: 5.7mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Quercetin: 13.98mg, Quercetin: 13.98mg, Quercetin: 13.98mg, Quercetin: 13.98mg

Nutrients (% of daily need)

Calories: 984.03kcal (49.2%), Fat: 48.92g (75.27%), Saturated Fat: 16.22g (101.39%), Carbohydrates: 77.63g (25.88%), Net Carbohydrates: 67.87g (24.68%), Sugar: 4.95g (5.49%), Cholesterol: 199.28mg (66.43%), Sodium:

173.36mg (7.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.77g (115.53%), Selenium: 127.52µg (182.17%), Vitamin B12: 5.66µg (94.39%), Vitamin B6: 1.83mg (91.34%), Vitamin B3: 17.22mg (86.11%), Manganese: 1.51mg (75.72%), Phosphorus: 706.34mg (70.63%), Vitamin B2: 0.99mg (58.45%), Copper: 1.1mg (54.76%), Folate: 218.4µg (54.6%), Vitamin B1: 0.77mg (51.51%), Vitamin K: 52.94µg (50.42%), Potassium: 1591.68mg (45.48%), Iron: 7.65mg (42.51%), Magnesium: 159.49mg (39.87%), Vitamin B5: 3.97mg (39.73%), Fiber: 9.76g (39.02%), Vitamin A: 1580.33IU (31.61%), Zinc: 4.21mg (28.04%), Vitamin E: 3.48mg (23.19%), Calcium: 202.76mg (20.28%), Vitamin C: 9.8mg (11.88%), Vitamin D: 0.26µg (1.71%)