

# Pasta with Salmon and Peas



**Make this salmon pasta in under 20 minutes for a dinner the whole family can enjoy. Kids will love the fun-shaped pasta while packing in fibre and omega-3**

## **Ingredients:**

1. 240g Wholewheat fusili
2. knob of butter
3. 1 large shallot, finely chopped
4. 140g frozen peas
5. 2 skinless salmon fillets, cut into chunks

6. 140g low fat creme fraiche
7. 1/2 low-salt vegetable stock cube
8. small bunch of chives, snipped

## Method:

1. Bring a pan of water to the boil and cook the fusilli according to the pack instructions
2. Meanwhile, heat a knob of butter in a saucepan, then add the shallot and cook for 5 mins or until softened
3. Add the peas, salmon, crème fraîche and 50ml water. Crumble in the stock cube
4. Cook for 3-4 mins until cooked through, stir in the chives and some black pepper
5. Then stir through to coat the pasta. Serve in bowls