



MEDITERRANEAN SEAFOOD PASTA WITH SALMON

By Grace Parisi

RECIPE

ABOUT

While salmon is not native to the Mediterranean, its flavors and health benefits make it a great choice for recipes from this region. Plum tomatoes are good year-round, provided they're ripe, but during the summer when tomatoes are at their peak, choose whatever looks good.

ACTIVE: 15 MIN TOTAL: 30 MIN SERVES: 2 TO 3

INGREDIENTS

- Salt and freshly ground pepper
- ½ pound dried pasta, such as campanelle, garganelli, or fusilli
- 1 portion salmon (8 to 10 ounces), pin bones removed
- 3 tablespoons extra virgin olive oil, plus more for drizzling
- 1 large garlic clove, very thinly sliced
- 1 pound ripe plum tomatoes (about 6 small), coarsely chopped
- ½ cup pitted green olives, such as Castelvetrano or Sicilian, coarsely chopped
- 1 tablespoon drained capers
- 2 tablespoons torn fresh basil leaves
- 1 tablespoon fresh lemon juice

DIRECTIONS

1. Bring a large pot of salted water to a boil over high heat. Add the pasta and cook, stirring occasionally, until al dente, 8 to 12 minutes or according to package instructions. Reserve ½ cup pasta water, then drain the pasta.
2. Meanwhile, pat the salmon dry, then season all over with salt and pepper. In a large nonstick skillet, heat 1 tablespoon of oil over medium-high heat until shimmering. Add the salmon, skin-side up, and cook until golden brown, 3 to 4 minutes. Flip the fish and cook until the salmon is cooked through and flakes easily around the edges, 3 to 4 minutes longer, depending on the thickness of the fillet. Transfer to a plate. Remove the skin and break the salmon into large flakes.
3. Pour off the oil and wipe out the skillet. To the skillet, add the remaining 2 tablespoons oil and the garlic and cook over medium heat, stirring, until fragrant, about 1 minute. Add the tomatoes, olives, and capers. Season with salt and pepper and cook, stirring occasionally, until the tomatoes just begin to break down, 3 to 4 minutes. Add the pasta and ¼ cup of the reserved pasta cooking liquid and cook, tossing until the pasta is lightly coated, about 1 minute. Add some of the remaining pasta cooking liquid if needed to loosen the sauce.
4. Remove the pan from the heat and stir in the lemon juice. Gently fold in the salmon and basil. Divide the pasta evenly among 2 or 3 bowls and drizzle with olive oil.

PRO TIPS



PAIR IT UP

Pour a chilled glass of crisp, dry white wine such as pinot grigio or assyrtiko. Or, for a more robust pairing, the assertive flavors of garlic, olives, tomatoes, and salmon pair especially well with medium-bodied fruity reds, such as sangiovese or pinot noir.



SPICE IT UP

Add chopped roasted red peppers for sweetness and a dollop of Calabrian chile paste for heat to the sauce.