Salmon, asparagus and cherry tomato pasta

Preparation time
20 minutes

Cooking time
10 minutes

Serves
4

Recipe courtesy of
The Dietitians Australia Victoria Branch



Ingredients Method Nutrition

250g (1 packet) penne or rigatoni pasta (choose a gluten-free version for those with coeliac disease)

100g toasted pine nuts

2 tbsp olive oil

3 garlic cloves, finely chopped

1 small red onion, chopped

2 bunches of asparagus, roughly chopped (370g)

1 punnet cherry tomatoes, cut in halves (250g)

250g smoked salmon, roughly chopped

½ bunch Parsley, roughly chopped

lemon zest and juice of ½ lemon

top with grated parmesan cheese (sprinkle x 4)

1. Cook pasta as per packet instructions and set aside.
2. Prepare other ingredient ingredients by chopping up smoked salmon, asparagus, onion, garlic and tomatoes. Toast pine nuts and set aside.
3. Heat oil in a frypan and sauté onion and garlic. Once browned, add asparagus and sauté for a further 2-3 minutes.
4. Add cherry tomatoes and sauté for a further 2-3 minutes until soft.
5. Add salmon, parsley, pine nuts lemon zest and juice and stir through. Salmon should only take 1-2 minutes to cook through.
6. Finally, stir through cooked pasta.
7. Serve with parmesan cheese.

Nutritional information is provided per serve

Engery	3079kJ (736 calories)
Protein	33g
Saturated Fat	7g
Total Fat	40g
Carbohydrates	54g
Sugars	5.8g
Dietary Fibre	8.75g
Sodium	911mg