



SALMON & PESTO PASTA BAKE

Ingredients:

- 150G CHERRY TOMATOES
- 2 SALMON FILLETS (ABOUT 260G)
- 2 TBSP OLIVE OIL
- 350G PENNE
- 1 SMALL BROCCOLI (ABOUT 300G)
- 150G PESTO
- 150G MASCARPONE
- 20G GRATED PARMESAN

Method

- PREHEAT THE OVEN TO 200C.
- HEAT THE GRILL TO HIGH. ARRANGE THE TOMATOES AND SALMON OVER A BAKING TRAY, SEASON AND DRIZZLE WITH THE OIL. GRILL FOR 10 MINS UNTIL THE SALMON IS COOKED THROUGH AND THE TOMATOES ARE JUICY. LEAVE TO COOL.
- COOK THE PENNE FOLLOWING PACK INSTRUCTIONS, UNTIL AL DENTE. CUT THE BROCCOLI INTO FLOURETS AND ADD THE BROCCOLI FOR THE FINAL 2 MINS OF COOKING TIME. DRAIN THE PASTA, RESERVING A LARGE MUGFUL OF WATER.
- RETURN THE PASTA AND BROCCOLI TO THE PAN, THEN STIR IN THE PESTO, MASCARPONE, THE TOMATOES AND ENOUGH OF THE RESERVED PASTA WATER TO THIN THE SAUCE TO THE CONSISTENCY OF DOUBLE CREAM.
- FLAKE IN THE SALMON. STIR, TIP INTO A LARGE BAKING DISH. GRATE THE PARMESAN ON TOP, BAKE FOR 20MINS AT 200C.

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Nutritional Information

TOMATOES - TOMATOES ARE THE MAJOR DIETARY SOURCE OF THE ANTIOXIDANT LYCOPENE, WHICH HAS BEEN LINKED TO MANY HEALTH BENEFITS, INCLUDING REDUCED RISK OF HEART DISEASE AND CANCER. THEY ARE ALSO A GREAT SOURCE OF VITAMIN C, POTASSIUM, FOLATE, AND VITAMIN K.

SALMON - SALMON IS ONE OF THE BEST SOURCES OF THE LONG-CHAIN OMEGA-3 FATTY ACIDS AND A GREAT SOURCE OF PROTEIN. HIGH IN B VITAMINS, A GOOD SOURCE OF POTASSIUM, AND LOADED WITH SELENIUM, SALMON ASSISTS WITH HEART HEALTH, STRONG MUSCLES AND BONES, A REDUCED RISK OF HEART DISEASE AND A STRONG IMMUNE SYSTEM.

OLIVE OIL - OLIVE OIL IS RICH IN HEALTHY MONOUNSATURATED FATS, CONTAINS LARGE AMOUNTS OF ANTIOXIDANTS, HAS STRONG ANTI-INFLAMMATORY PROPERTIES, MAY HELP PREVENT STROKES, IS PROTECTIVE AGAINST HEART DISEASE.

PASTA - A FANTASTIC SOURCE OF ENERGY AND CAN GIVE YOU FIBRE, TOO, IF IT'S MADE FROM WHOLE GRAIN. CAN HELP WITH STOMACH PROBLEMS AND MAY HELP LOWER CHOLESTEROL.

BROCCOLI - BROCCOLI HAS LONG BEEN TOUTED AS ONE OF THE HEALTHIEST VEGGIES BECAUSE OF ITS NUTRITIONAL MAKEUP. THIS SUPERFOOD IS LOADED WITH FIBER, ANTIOXIDANTS TO FIGHT CANCER, AND VITAMIN C TO AID IN IRON ABSORPTION.