

LET'S
COOK

PARMCO

SERVES 4

PREP TIME 10

COOK TIME 20

SALMON TAGLIATELLE

INGREDIENTS

200g broccoli

350g tagliatelle

225g skinless and boneless salmon fillets

1 cup no added salt chicken stock

4 spring onions, finely sliced

150ml light evaporated milk

Freshly ground black pepper

2 cups of vegetables (peas, carrots are fine)
or 4 cups of salad greens and one carrot

UTENSILS

Measuring spoons and cups

Chopping boards and knives

Large pan (one for every 2-4 kids)

Steamer

Grater (if doing salad greens)

Plate (one for every 2-4 kids)

Forks and bowls to eat from!

METHOD

1. Cook the tagliatelle in a large pan of boiling salted water for 8-10 mins or until just tender or 'al dente'. Drain in a colander.
2. Meanwhile, place the salmon in a medium-sized frying pan, add the stock and salt and pepper. Cover, bring to the boil, then simmer for 5-6 mins or until the salmon is just cooked and flakes easily. Transfer the salmon to a plate and break into large flakes with a fork.
3. Increase the heat and simmer the cooking liquid until it is reduced to about 5 tbsp.
4. Meanwhile, add the spring onions and broccoli and sauté for 3 mins. Add the evaporated milk, cover and simmer for 3-4 mins or until the broccoli is tender.
5. Remove the lid, stir in the salmon and season to taste. Add the sauce to the cooked tagliatelle, and then toss until coated in the sauce. Serve sprinkled with a little parsley if liked.
6. Serve with steamed vegetables or cut up salad greens and add a peeled, grated carrot to make a green salad.

NUTRITION INFORMATION

	Per serve (at 4 serves)
Energy	2200kJ (526cal)
Protein	29g
Fat	15g
- Saturated	4g
Carbohydrate	75g
- Sugars	11g
Fibre	9g
Sodium	80mg
Calcium	200mg
Iron	3.5mg
2 vegetables	