



# SALMON AND PEA PASTA



**SERVINGS:**  
2 ADULTS & 2  
CHILDREN



**TIME:**  
20 MINS



**DIFFICULTY:**  
EASY



**COST:**  
££££

## Ingredients:

- 240g wholewheat fusilli
- 1 tbsp oil
- 1 large onion, finely chopped
- 140g frozen peas
- 2 frozen skinless salmon fillets, defrosted and cut into pieces
- 140g low-fat crème fraîche
- 1 low-salt vegetable stock cube
- Small bunch of chives, snipped

## Method:

1. Bring a pan of water to the boil and cook the pasta according to the pack instructions
2. Heat a tbsp of oil in a saucepan, then add the onion and cook for 5 mins or until softened
3. Add the peas, salmon, crème fraîche, 50ml water and crumble in the stock cube
4. Cook for 3-4 mins until cooked through, stir in the chives and some black pepper
5. Add the cooked pasta to the pan and stir
6. Serve and enjoy!