

## Salmon Spinach Linguine

Serves 2

- 300 g cooked salmon
- 98 g spinach, finely chopped
- 160 g linguine

### Sauce

- 14 g butter
- 1½ tsp flour
- 180 ml milk
- ½ vegetable stock cube
- ¾ tsp Dijon mustard
- 36 g cream cheese
- Fine sea salt and pepper to taste

1. Use cooked salmon (see below).
2. Cook the pasta al dente. Strain, reserve some of the water and set aside.

### Sauce:

3. In a large pan melt the **butter**, add the **flour** and whisk until the mixture is smooth.
4. Add the **milk**, **stock cube** and **mustard** and whisk until the sauce thickens and starts bubbling.
5. Remove from the heat, add the **cream cheese** and whisk in until smooth.
6. Stir in the **spinach**. Heat up the sauce again if needed but do NOT cook the spinach.
7. Add the pasta and salmon, season to taste, stir, drizzle over a little **olive oil** (optional) and/or **lemon juice** and serve.

### Notes:

- ✓ Preparing the salmon from raw: Season the salmon, drizzle over some oil and bake in a preheated oven at **190°C** for about 15 minutes or until fully cooked. Remove from the oven, discard the skin (if present) and shred.
- ✓ Do NOT cook the spinach - just stir into the sauce to combine.
- ✓ Make the sauce while waiting for the pasta to cook.
- ✓ Reserve some of the water from cooking the pasta to loosen the sauce if needed.
- ✓ If your pan is not big enough for the entire dish you can use it to prepare the spinach sauce which you can then spoon over individual portions.
- ✓ Heat up the salmon before assembling the dish.

