

Nutritious & Delicious Salad Recipes



Poached Salmon, Broccoli, Penne Pasta, Cherry Tomatoes With Lemon & Herbs

Ingredients (Serves 5)

300g penne pasta
400g poached salmon, flaked
500g broccoli florets, steamed al dente
250g cherry tomatoes, halved or quartered
25g tarragon leaves, blanched
50ml olive oil
2 lemons, halved lengthways
25g fresh basil / chervil
milled sea salt / freshly milled black pepper

Method

1. Cook the pasta as per the packets instructions. Cool and drain.
2. Place the pasta with the broccoli, tomato, blanched tarragon and salmon into a suitably sized bowl.
3. Add the olive oil, then season with salt and pepper.
4. Gently toss to ensure all ingredients are evenly coated.
5. Finish by placing the two wedges of lemon on the top and garnish with picked basil or chervil leaves.

Key Nutrients

Portion	436g	100g	
Calories	588 (kcal)	135 (kcal)	
Nutrients	Per Serving	Per Serving	
Fat	22.7g	5.2g	Med
Saturates	3.7g	0.8g	Low
Sugars	4.0g	0.9g	Low
Salt	0.70g	0.20g	Low
Protein	33.2g	7.6g	–

Allergen Info: Wheat, Fish