



One-pot smoked salmon pasta

SERVES 2 PREP 10 mins COOK 10 mins EASY

'This easy dish is filled with flavour but needs little washing-up – ideal for a midweek meal, especially over the festive period when you're likely to have smoked salmon in the fridge.'

Samuel Goldsmith

200g linguine
2 tbsp olive oil
1 lemon, zested and ½ juiced
100g kale, stalks and leaves separated and chopped
575ml hot vegetable stock made with 1 vegetable stock cube

125ml white wine
150g smoked salmon, roughly sliced
1 tbsp capers, roughly chopped
3 tbsp crème fraîche

1 Put the linguine, oil, lemon zest, kale stalks, stock and wine in a large pan and season well. Cover and bring to the boil. Reduce to a medium-high heat and simmer for 2 mins, then remove the lid and cook for another 5 mins, stirring regularly.

2 Add the kale leaves and stir well. Cook for 2-3 mins before removing from the heat. At this point, nearly all the liquid should

be absorbed. Test the pasta and cook for a further minute, if necessary. You can also add a splash more hot water, if needed.

3 Stir through the smoked salmon, capers, lemon juice, crème fraîche and a good pinch of black pepper before serving.

GOOD TO KNOW vit c • fibre
PER SERVING 725 kcals • fat 35g • saturates 12g • carbs 58g • sugars 5g • fibre 6g • protein 32g • salt 4.7g

SAMUEL GOLDSMITH

Food copy editor Samuel has taught food and nutrition in secondary schools, and has also worked as a food editor for lifestyle magazines such as *Woman & Home*.

He's an advocate for using local and seasonal produce.

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