

# Salmon Pasta with Parsley Sauce



**Serves 4**

**Prep 5 mins**

**Cooking 20 mins**

**Easy**

## **Ingredients**

450g salmon fillet, skinned  
225g pasta shapes, such as penne or twists  
175g cherry tomatoes, halved  
150ml of low fat crème fraîche  
45ml/3 tbsp chopped fresh parsley  
finely grated rind of 1/2 orange  
salt & freshly ground black pepper

1. Cut the salmon into bite-sized pieces, arrange them on a microwave proof plate and cover with greaseproof paper. Microwave on HIGH for 2-2½minutes, rearranging halfway through cooking. Leave to stand for 5 minutes.
2. Cook the pasta in a saucepan of boiling water on the hob, following the packet instructions.
3. Drain the pasta and toss it with the tomatoes and salmon. Mix the crème fraîche, parsley, orange rind and pepper to taste, then toss this sauce into the salmon and pasta and serve hot.
4. If low-fat crème fraîche is not available, use ordinary crème fraîche or double cream instead; or, for a very low fat version use fromage frais.