

CREAMY SALMON WHOLE WHEAT PASTA

Creamy Salmon Whole Wheat Pasta is an easy and flavorful meal made with wholesome ingredients. Packed full of omega-3 fatty acids, it's a delicious way to get your daily dose of nutrients in a single dish. With only 15 minutes of prep time and 20 minutes of cooking time, this creamy pasta meal is sure to become a new weeknight favorite! Enjoy as is or top with freshly grated Parmesan for extra flavor.

Ingredients

- ◇ 5 oz Salmon
- ◇ 1 cup of boiled whole wheat pasta
- ◇ 1 tbsp. Garlic paste
- ◇ Salt as per taste
- ◇ Half tbsp. Black pepper
- ◇ 1 tbsp. soya sauce
- ◇ ½ tbsp. of chilli sauce
- ◇ 1.5 tbsp. of olive oil
- ◇ 1 ½ cup of non-starchy veggies (carrots, broccoli, green bell pepper)
- ◇ 2 tbsp. of soya cream
- ◇ Half tbsp. of mixed herbs (1 teaspoon of dried oregano, 1 teaspoon of thyme leaves, ¼ teaspoon of garlic powder and ½ teaspoon each of salt and pepper.)
- ◇ ¼ tbsp. of mustard paste
- ◇ ¼ tbsp of chilli flakes

Instructions

- ◇ Marinate the salmon with salt, pepper, mustard paste and 1 tbsp. of garlic.
- ◇ Heat the half tbsp. of oil in a pan and add salmon. Cook both sides until it's done.
- ◇ Add 1 tbsp of oil into the pan on low heat and add half chopped onion and garlic.
- ◇ Sauté it for 2 to 3 minutes and add veggies, salt, chilli sauce, soy sauce and chilli flakes. Sauté it again for 1 or 2 mins.
- ◇ Now add boiled whole wheat pasta, cook it for 2 mins, add ¼ tsp of butter and soya cream. Now sprinkle mixed herbs on it and serve it with salmon on top.

