



HOT SMOKED SALMON SPAGHETTI WITH VIBRANT SPINACH & PEAS

Feeds 2-4

Enjoy a simple yet delicious meal with this hot smoked salmon spaghetti, featuring spinach and peas. It's an easy-to-make dish where tender spaghetti is mixed with light, garlicky lemon sauce, smoked salmon, capers, spinach, and peas for a blend of flavours and textures.

Ideal for a quick weeknight dinner, this recipe combines the smoky taste of salmon with the freshness of lemon, spinach, and peas, and the tanginess of capers. It's not only fast to prepare but also healthy, offering a good balance of protein and fibre.

Suitable for both cooking enthusiasts and beginners, this dish is a straightforward way to whip up a tasty and nutritious meal that can impress your family or provide a comforting treat for yourself. Gather your ingredients and enjoy making a meal that's as enjoyable to eat as it is easy to prepare.

Ingredients:

- 150g dried spaghetti
- 150g hot smoked salmon, flaked
- 100g baby spinach
- 100g frozen peas
- 2 tbsp olive oil
- 1 tbsp butter
- 2 cloves garlic, minced
- 1/2 cup dry white wine (optional)
- 1/4 cup grated Parmesan cheese
- 2 tbsp lemon juice
- 1 tbsp capers, drained
- Salt and freshly ground black pepper, to taste

Instructions:

1. **Cook the spaghetti:** Bring a large pot of salted water to a boil. Add the spaghetti and cook according to package instructions until al dente. Reserve 1 cup of the pasta water before draining.
2. **Sauté the aromatics:** While the pasta cooks, heat olive oil and butter in a large skillet over medium heat. Add the garlic and cook for 30 seconds, until fragrant.
3. **Deglaze and simmer (optional):** If using, pour in the white wine and simmer for 2-3 minutes until slightly reduced.
4. **Add spinach and peas:** Stir in the baby spinach and frozen peas. Cook for 1-2 minutes, until the spinach wilts and the peas are heated through.
5. **Toss with pasta and sauce:** Add the cooked spaghetti, reserved pasta water, and Parmesan cheese to the skillet. Toss well to combine and create a light sauce.
6. **Incorporate smokiness:** Fold in the flaked hot smoked salmon and lemon juice. Season with salt and pepper to taste.
7. **Garnish and serve:** Top with capers and additional Parmesan cheese if desired. Serve immediately and enjoy!

Tips:

- For a richer sauce, add a dollop of creme fraiche or mascarpone cheese before serving.
- Substitute frozen spinach for baby spinach if preferred.
- Add a pinch of red pepper flakes for a touch of heat.
- Leftovers can be stored in an airtight container in the refrigerator for up to 2 days.

Pair with a crisp white wine or Sauvignon Blanc for a perfect meal.

Enjoy this light and flavourful Hot Smoked Salmon Spaghetti with Spinach & Peas!