



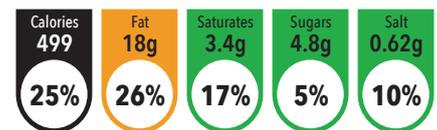
## SALMON & ROCKET PASTA

 **Prep: 15 minutes**

 **Cook: 20 minutes**

 **Serves: 4**

Each serving contains



of your guideline daily amount

### INGREDIENTS:

- 300g pasta shapes
- 1 tsp **LoSalt**
- 2 salmon fillets
- 1 tbsp olive oil
- 150g cherry tomatoes, halved
- 2 cloves garlic, crushed
- 1 red chilli, deseeded and finely chopped
- 50g low fat cream cheese
- 2 tbsp semi skimmed milk
- 100g rocket

### METHOD:

1. Cook the pasta in boiling water with  $\frac{1}{2}$  tsp **LoSalt** according to pack instructions, adding the salmon fillets for the last 5 minutes. Drain and remove the skin from the salmon.
2. Meanwhile, heat the oil in a large frying pan and fry the tomatoes, garlic and chilli for 3-4 minutes. Mix the cream cheese with milk and remaining **LoSalt** and add to the pan with the rocket, heat until the rocket wilts. Add in the pasta and salmon, broken into large flakes and stir to combine.