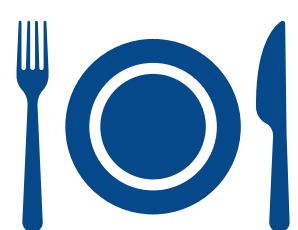


SALMON, LEMON & BASIL ORZO



SERVINGS
2



PREP TIME
10 MINS



COOKING TIME
12-15 MINS

INGREDIENTS

- 5¾ oz orzo pasta
- 1 x 3.9 oz (110g) can salmon, drained
- 5¼ oz cherry tomatoes, halved, approximately 1 cup
- 2 tbsp extra virgin olive oil
- 1 lemon, zest and juice
- 1 small handful fresh basil leaves, roughly torn
- Sea salt
- Freshly ground black pepper

TOP TIP

Add the salmon right at the end and fold it through gently rather than stirring vigorously. This keeps the salmon in attractive flakes and prevents it becoming dry. For an even fresher finish, keep a little lemon juice and basil back and add them just before serving.

DIRECTIONS

1. Bring a saucepan of well-salted water to a boil. Add the orzo and cook according to package instructions until tender but still with a little bite.
2. While the orzo is cooking, drain the canned salmon and gently flake it into large pieces, removing any skin or bones if preferred.
3. Drain the cooked orzo, reserving a small cup of pasta cooking water.
4. Return the warm orzo to the pan and add the extra virgin olive oil, lemon zest and lemon juice. Stir well so the pasta is evenly coated.
5. Add the cherry tomatoes and most of the torn basil. Stir through while the orzo is still warm so the tomatoes soften slightly without completely breaking down.
6. Gently fold through the flaked salmon, taking care not to break it up too much. If the pasta feels a little dry, add a splash of the reserved pasta water.
7. Season with sea salt and plenty of freshly ground black pepper.
8. Divide between two bowls and finish with the remaining basil, an extra drizzle of olive oil and a little more lemon zest if desired.

