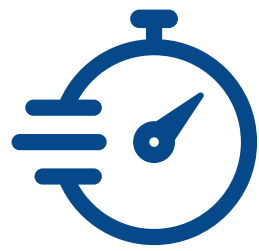


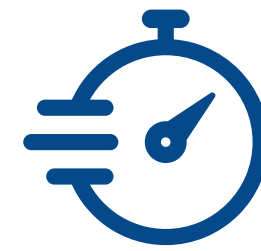
SPAGHETTI WITH CANNED SALMON, TARRAGON & CAPER PESTO



SERVINGS
2



PREP TIME
10 MINS



COOKING TIME
10 MINS

INGREDIENTS

- 6.5 oz spaghetti
- 1 x 3.9 oz (110g) can salmon, drained and broken into flakes
- 1 small garlic clove
- ¾ oz fresh tarragon leaves
- 1 tbsp capers, drained
- 1 oz Parmesan cheese, finely grated
- 1½ oz toasted almonds or pine nuts
- 1 tsp Dijon mustard
- Juice of ½ lemon
- ¼ cup extra virgin olive oil
- Salt and freshly ground black pepper

TOP TIP

Once the salmon goes in, only warm it through for 30–60 seconds. The salmon is already cooked, so prolonged cooking will make it dry and cause it to disappear into the pasta.

DIRECTIONS

1. Bring a large pot of salted water to a boil and cook the spaghetti according to package instructions until al dente.
2. Meanwhile, make the pesto. Add the garlic, tarragon, capers, Parmesan, almonds, Dijon mustard and lemon juice to a small food processor. Pulse until roughly chopped.
3. With the processor running, gradually add the olive oil until you have a loose pesto. Season with black pepper and only a little salt, as the capers and Parmesan are already salty.
4. Before draining the pasta, reserve around ½ cup of the cooking water.
5. Return the drained spaghetti to the pot and stir through the tarragon and caper pesto. Add a splash of the reserved pasta water to loosen everything and help the pesto coat the spaghetti.
6. Finally, gently fold through the canned salmon, keeping the pieces quite large so they don't completely break up.
7. Divide between two bowls and finish with a little extra Parmesan, fresh tarragon and a squeeze of lemon.

