



Everything
But The Chef

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Salmon Niçoise Pasta

Picture yourself lounging under a blue and white beach umbrella, gazing out to the Mediterranean Sea, as you feast on this light delight - a new take on the old classic. Enjoy the fresh medley of crisp green beans, plump olives and capers, topped with flaked salmon over seashell pasta.



Prep: 5 mins

Cook: 20 mins

Total: 25 mins



level 1



seafood
first



pantry
items



Conchiglie Pasta



Green Beans



Salmon



Lemon



Capers & Olives



Cherry Tomatoes



Parsley

2P	4P	Ingredients
250 g	500 g	conchiglie pasta
100 g	200 g	green beans, trimmed
1 fillet	2 fillets	salmon
1 tbs	2 tbs	olive oil *
1/3 cup	2/3 cup	capers & olives (check for olive pits)
1/2 punnet	1 punnet	cherry tomatoes, halved
1/4	1/2	lemon, juiced
1 bunch	2 bunches	parsley, leaves picked

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	3080	Kj
Protein	39.5	g
Fat, total	20.1	g
-saturated	3.6	g
Carbohydrate	91.7	g
-sugars	2.4	g
Sodium	965	mg

Measuretool

0 cm	1 cm	2 cm



1 Bring a large pot of salted water to the boil. Add the **conchiglie pasta** and cook for **8 minutes** or until 'al dente'. Add the **green beans** in the last **2 minutes** of cooking. Drain well.



2 Meanwhile, heat a greased frying pan over a medium-high heat. Add the **salmon** and cook for **3 minutes** on each side or until cooked to your liking. Remove from the pan and set aside on a plate. Cover with foil to keep warm. Wipe the pan clean with a paper towel.

3 Return the same frying pan to a medium heat. Add the **olive oil, capers & olives, cherry tomatoes** and a squeeze of **lemon juice**. Bring to a simmer and heat gently for about **1 minute** or until heated through.



4 Stir the warm cherry tomato mixture and **parsley** through the pasta and beans. Flake the salmon with a fork and fold through the pasta. Season with **salt and pepper**.

5 Divide your salmon niçoise pasta between plates and dig in with a glass of white wine, if you like.



Did you know? 'Niçoise' means 'in the style of Nice', which refers to the cooking style of Nice in Provence, France.