



L e m o n G a r l i c S a l m o n P a s t a



4 Servings



40 minutes

Ingredients :

- 12oz pasta
- 1lb fresh salmon fillets skin removed
- 2 tbsp olive oil
- 3 cloves garlic minced
- 1cup heavy cream
- ½ cup chicken or vegetable broth
- 2 tbsp butter
- 1tbsp lemon juice
- ½ cup grated Parmesan cheese
- Salt and pepper to taste
- Red pepper flakes (optional)
- Fresh parsley or dill chopped



Instructions :

1. Cook pasta according to package instructions until al dente ;reserve ½ cup pasta water and drain .
2. Season salmon with salt and pepper ,then sear in olive oil over medium heat for 3 – 4 minutes per side ;remove and flake .
3. In the same pan ,melt butter and sauté garlic until fragrant ,then add broth and cream .
4. Stir in lemon juice ,Parmesan ,and reserved pasta water as needed ;add pasta and salmon ,toss gently ,and garnish before serving .