

SALAD

9. Wash the lettuce and chop, slice cucumber and tomatoes and mix. This is your side salad!

SERVE

Remove the golden pasta bake and serve alongside your mixed salad.



FEED YOUR
FAMILY
FOR £5



SALMON & SPINACH PASTA BAKE



INGREDIENTS

Main Ingredients	Cost £
400g Penne Pasta	£0.33
120g Spinach	£0.55
2 X Garlic Cloves	£0.06
3 Spring Onions	£0.34
300g Creme Fraiche	£0.85
213g The Fishmonger Pink Salmon	£1.39
10g Flat Leaf Parsley	£0.17
5g Salt	£0.02
1/3 Lettuce	£0.29
3 X Tomatoes	£0.51
1/4 Cucumber	£0.22
Total	£4.73

Prices correct at time of printing and may vary. All items available from leading supermarkets.

Please observe the allergen information on the product packaging.

Based on a family of four.



View our
video online



THE PASTA

1. Bring a large pan of water to the boil, season with salt.
2. Add pasta and cook as per packet cooking instructions.

SALMON SAUCE

3. In a small sauce pan add the creme fraiche, chopped spring onions, garlic and drained salmon.
4. Heat until warmed through.
5. Add the spinach to the salmon sauce.
6. Once the pasta is cooked, drain the water and add the pasta to the salmon sauce.
7. Stir the salmon mixture with cooked pasta and add to baking dish.
8. Chop parsley and sprinkle over the top. Bake at 180 degrees for 25 minutes.

