



Salmon pasta with peas and sweetcorn

Prep: 5 minutes • Cook: 15 minutes • Serves: 2



Ingredients

150g dried pasta – any shape
100g frozen or tinned peas
100g frozen or tinned sweetcorn
1 teaspoon vegetable oil
1 small onion, chopped
100-170g tinned salmon
50g cream cheese
½ low-salt vegetable stock cube
Black pepper

- 1** Bring a pan of water to the boil and add the pasta; cook for 8 minutes. Add the peas and sweetcorn into the pan and cook for a further 2 minutes or until all cooked. Drain, saving 50ml of pasta water.
- 2** Meanwhile, heat the oil in a pan over a medium heat and cook onion until soft.
- 3** Add the salmon, cream cheese and reserved pasta water to the cooked onion. Crumble in the stock cube and stir to combine. Cook for 4 minutes.
- 4** Now stir in the drained pasta, peas and sweetcorn, stirring to coat in the creamy salmon sauce. Serve into bowls and finish with a little black pepper on the top.

Nutritional info

Low phosphate ✓
Low potassium ✓
Low protein ✗
Low salt ✓
Low fat ✗

Cost per portion (August 2022) **£1.54**

Carbohydrate **68g**

Energy in kcals **525**