Salmon Pasta



Serves	4
Prep time	20 minutes
Cook time	10 minutes
Total time	30 minutes
Allergy / Intolerance	Amines, Artificial Addititives, Artificial Colours, Glutamates, Preservatives, Salicylates
Suitable for	Amines Challenge, RPAH Elimination Diet - Amines Allowed, RPAH Elimination Diet - Moderate Chemical
Meal type	Main Dish
Misc	Child Friendly, Serve Hot

Ingredients

- 400g salmon fillets (skin removed, roughly chopped into small pieces)
- 3-4 spring onions (finely chopped)
- 1 teaspoon minced garlic
- Sunflower oil
- 1 tablespoon lemon juice substitute (Refer to Basics Page)
- handful chives (finely chopped)
- 150ml light sour cream
- 400g pasta (any)

To serve: (Optional)

- Cheese

Directions

1. Place the pasta in a saucepan of boiling water to cook.
2. Fry the spring onions, celery, garlic and chives in a bit of oil until softened.
3. Add the lemon juice substitute and salmon, and cook until the salmon is cooked through.
4. Add the sour cream and stir through.
5. Drain the pasta and place in bowls.
6. Top the pasta with the salmon.
7. Grate some cheese over the top to serve (optional).

Note

Moderate Amines, Low Salicylates, Low Glutamates

Variations: Add 1 cup vegetable sauce at step 4.

Refer to Basics Page for lemon juice substitute.