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by Liz Robb

Salmon and Prawn Penne Pasta



Ingredients

2 tablespoons of olive oil
2 small onions
2 fat cloves of garlic
1 red chilli or chilli flakes
4 large ripe tomatoes
2 salmon fillets, about 240g in total
180g raw king prawns
Salt and freshly milled black pepper
275g penne pasta
2-3 tablespoons of good fish stock
A knob of butter
2 tablespoons of thick double cream
A handful of fresh parsley
Parmesan cheese

Preparation

- 1 To make the tomato and chilli sauce:
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- 3 1. Score the tomatoes with a cross using a sharp knife, cover in boiling water for a minute then pour off the water and peel the tomatoes. Chop them into very small pieces, keeping the juice too.
- 4 2. Peel and chop one of the onions really finely and sauté it in a tablespoon of olive oil in a small frying pan for about 5 minutes, or until it has softened. Peel and crush a clove of garlic, deseed and chop the chilli very finely and stir them both into the onion and cook gently for 2-3 minutes.
- 5 3. Add the chopped tomato and simmer gently, stirring occasionally, for about 10 minutes.
- 6 4. Meanwhile, chop 60g of the salmon, skin removed, into very small pieces. Devein 5 or 6 of the prawns and chop them small too. Add the prawn and salmon to the tomato mixture and cook gently for a few minutes until both are cooked through. Season well

with salt and black pepper. The finished sauce will be quite thick.

- 7 To make the pasta:
- 8 1. Devein the prawns. Remove the skin from the salmon and cut it into small bite sized pieces.
- 9 2. Peel and chop the remaining onion finely and sauté it over a low heat in a large pan in a tablespoon of olive oil for about 5 minutes, or until it has softened. Peel and crush a clove of garlic to add and cook gently for a further 2-3 minutes.
- 10 3. Stir in the prawns and the salmon, then add 2-3 tablespoons of fish stock or bouillon and the tomato and chilli sauce. Simmer gently until the prawns and the salmon are just cooked through
- 11 this should not take many minutes, depending on the size of your prawns. Stir gently while it is cooking without breaking up the salmon too much.
- 12 4. Meanwhile, cook the pasta according to the instructions on the packet, until it is almost ready.
- 13 5. Finely chop the fresh parsley.
- 14 6. Add the pasta to the sauce, stir gently and season well with salt and freshly milled black pepper. Stir in 2 tablespoons of thick double cream, a knob of butter and half of the chopped parsley. Allow to warm through for a minute then turn the finished pasta into a large serving dish.
- 15 7. Scatter on the remaining chopped parsley to garnish the dish, and serve with freshly grated Parmesan cheese.

Cooks Note

Notes:

- You could use low fat crème fraiche instead of double cream if you want to reduce the fat content, although there's not a lot of cream per portion.
 - You can use chilli flakes instead of fresh chilli if you wish.
 - A splash of brandy is often added to this dish; it tastes lovely without it, but if you do want to try it, add it with the fish stock and use a little less of the stock.
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