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by Liz Robb

Roasted Salmon with Creamy Red Pepper Tagliatelle



Ingredients

2 large red peppers

1 large shallot Half a red chilli 1 fat clove of garlic 2 salmon fillets Olive oil Salt and freshly milled black pepper A large knob of butter 5 heaped tablespoons of crème fraiche 100g fresh baby spinach leaves 200g fresh tagliatelle

Servings

2

Person

Preparation

- 1 Preheat the oven to 200 degrees, 180 degrees fan oven. Place the two red peppers on a small oven tray and roast for about 40 minutes, turning midway through the cooking time. Remove from the oven and leave to cool completely.
- 2 Once cooled, place on a plate and pull out the stalks, spoon out the seeds and peel off the skin. Cut each pepper into quarters and slice into thin strips. Make sure to keep any juices that come from the roasted peppers.
- 3 Peel the shallot, deseed the chilli and chop both very finely. Peel the garlic clove.
- 4 To make the sauce, melt the butter in a large saucepan with a splash of olive oil and sauté the chopped shallot over a low heat for 3-4 minutes until soft. Crush the garlic and add it to the pan, add the chopped chilli too and continue to cook for another minute or two. Add the red pepper strips and juices and allow to warm through. Stir in the crème fraiche and cook over a very low heat, stirring occasionally, for 4-5 minutes.
- 5 Meanwhile, cook the salmon. Heat the oven to 220 degrees, or 200 degrees fan oven. Pat the salmon fillets dry with kitchen towel and place them, skin side down, onto a small oven tray lined with foil. Drizzle with olive oil and season with salt and black pepper. Roast for about 12 minutes until cooked
- 6 timing will depend on the thickness of the fish.
- 7 Heat a large saucepan of water, lightly salted if you wish. 5 minutes before the sauce is ready, place the tagliatelle in the boiling water and cook for about 5 minutes, until al dente.

- 8 Stir the baby spinach into the sauce. Drain the pasta, add it to the sauce and toss everything together. Divide the tagliatelle between two plates and lift a roasted salmon fillet on top of each plate of pasta, leaving the skin on the foil.

Cooks Note

This delicious dish of roasted salmon fillet on top of a bed of creamy tagliatelle, with the sweetness of roasted red peppers, fresh juicy spinach and a hint of chilli heat, takes very little time to put together, if the peppers have been roasted in advance, but looks appetising and tastes so good!

Why not cook it to share with someone special for a Valentine's Day supper this year?

Serves 2
