

CREAMY SALMON PASTA WITH BACON

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COOK TIME: 25mins

SERVES: 2

CALORIES: 821 kcal (PER SERVING)

INGREDIENTS

150 g/5.3 oz penne

200 g/7 oz skinless salmon, cut into
2.5cm/1-inch pieces

150 g/5.3 oz salted bacon, cut into small pieces

100 g/3.5 oz semi sun-dried tomatoes, drained,
oil reserved

2 garlic cloves, minced

2 tbsp oil from sun-dried tomatoes

1 tbsp unsalted butter

100 ml/1/2 cup cream 20% fat

30 g/1 oz grated Parmesan

3 tbsp tomato paste

salt +black pepper

1 tsp each: dried oregano, sweet paprika powder

1/2 tsp crushed red pepper flakes

1/2 cup panko, breadcrumbs

2 tbsp chopped parsley

DIRECTIONS

Heat 2 tbsp oil (from the sun-dried tomatoes) in a non-stick skillet. Then add panko. Cook over medium-high heat, while tossing frequently, until crunchy and golden brown, about 5 minutes. Season with a pinch of salt and black pepper. Transfer the breadcrumbs onto a plate.

In the meantime, bring a large pot of salted water to a boil. Cook the penne until al dente. Drain, reserving 1 cup cooking water.

In the same skillet, heat 2 tbsp oil and butter. Add bacon, cook over medium-high heat until golden brown and crispy, about 5 minutes. Remove from skillet, leaving as much oil as possible in the skillet.

Now add salmon chunks, season with salt, pepper and sweet paprika. Sear on both sides, about 2-3 minutes per side. Remove from skillet.

In the same skillet, add garlic. Cook over low heat, until soft and fragrant, about 2 minutes. Deglaze with 2 tbsp cooking water, stir with a wooden spoon to dissolve the browned bits from the bottom. Add tomato paste, oregano and red pepper flakes. Season with black pepper and a pinch of salt. Pour in 1/2 cup cooking water and cream, stir to combine. Toss with pasta, bacon and sun-dried tomatoes. Gradually stir in the Parmesan until it melts into the sauce. Add more cooking water to thin the sauce.

Lastly, add salmon back to the pan. Toss to combine. Taste the pasta and season with more salt if needed.

Garnish with chopped parsley, serve with breadcrumbs and some additional Parmesan. Pair with a side salad. Enjoy!

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