

SMOKED SALMON AND BELL PEPPER SPAGHETTI

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COOK TIME: 30mins

SERVES: 2

CALORIES: 657 kcal (PER SERVING)

INGREDIENTS

150 g/5.5 oz spaghetti No.7 or bucatini
150 g/5.5 oz smoked salmon
2 small red bell peppers, cut into thin strips
150 g/5.5 oz cherry tomatoes, cut in half
2 garlic cloves, minced
3 tbsp olive oil
120 g/4 oz mascarpone
50 g/2 oz tomato paste
1/4 cup/50 ml white wine
3 tbsp chopped parsley
spices: 1 tsp each: salt, black pepper, sweet paprika, dried thyme, red pepper flakes
grated Parmesan, for serving

DIRECTIONS

Get all the prep done before you start cooking: cut the salmon into strips, mince the garlic and chop the parsley. Cut the bell peppers in half, remove seeds and veins, then cut the bell peppers into thin slices.

Heat oil in a large pan over medium-high. Add bell peppers and cook, while stirring occasionally until soft, for about 8-10 minutes. Lower the heat if the peppers brown too fast.

In the meantime, cook spaghetti in a large pot of generously salted boiling water, until al dente. Drain, reserving 1/4 cup cooking water.

Add garlic to the peppers, cook until fragrant, about 1 minute. Add spices and tomatoes, cook for 5 minutes. Pour in white wine, and cook for about 2 minutes. Stir in tomato paste, mascarpone and parsley. Add a splash of cooking water and stir until combined. Simmer for 2 minutes.

Toss with spaghetti and add smoked salmon. Simmer, while gently tossing, for 1 minute. Add more cooking water to create a glossy sauce. Adjust salt and pepper to your own taste.

Divide pasta among deep bowls, top with grated parmesan and some extra red pepper flakes. Enjoy!

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