

Salmon Carbonara

Classic Italian carbonara has been given a tasty twist with the addition of baked salmon and a squeeze of lemon. A hearty midweek meal made with spaghetti and fresh eggs that can be ready in just 30 minutes.

- Serves 4 - 20 mins to prepare and 10 mins to cook - 643 calories / serving

Ingredients

2 salmon fillets
1 tbsp olive oil
finely grated zest of 1 lemon and a little juice
400g spaghetti or tagliatelle or fusilli pasta
2 eggs, beaten
40g Parmesan, finely grated, plus extra to serve
100ml single cream
5 tbsp chopped fresh chives or flat-leaf parsley

Method

- Preheat the oven to 180°C Fan, 200 regular oven.
- Place the salmon fillets on a baking tray, drizzle with the olive oil, scatter with half the lemon zest and a squeeze of juice and season well. Bake in the oven for 10 minutes or until just cooked. Remove and discard the skin and any bones, then flake the salmon flesh into bite-size pieces and set aside.
- Meanwhile, cook the pasta according to the packet instructions and drain, reserving a cupful of the cooking water.
- In a large bowl, whisk together the eggs, Parmesan, cream, remaining lemon zest, a squeeze of lemon juice and the herbs (reserving a little for garnish). Season well. Add the hot cooked pasta and flaked salmon, and toss together. Add a little of the reserved cooking liquor to loosen the sauce if it is too thick.
- Serve hot, scattered with a little more Parmesan and the reserved herbs.

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