

Salmon & Broccoli Pasta

Ingredients: Serves 5

- 1 small onion
- 210g dried pasta
- 15g soft margarine
- 1 212g tinned salmon
- 15g plain flour
- 30g cheddar cheese
- 300ml whole milk
- 1 teaspoon dried parsley

Method

1. Prepare the canned salmon by removing all bones and skin. Finely chop the onion and cut the broccoli into small florets.
2. Boil the pasta according to the instructions on the packet then drain.
3. Cook the broccoli and onion in boiling water until just tender, for approximately 10 minutes.
4. Make the cheese sauce: heat the margarine in a saucepan and stir in the flour. Remove from the heat and add the milk gradually and whisk until smooth. Bring the sauce to a gentle simmer, stirring all the time until it thickens. Add the grated cheese and stir until melted.
5. Combine the cheese sauce, pasta and broccoli then fold in the cooked, cooled salmon and parsley.

