



## SALMON & BROCCOLI PASTA

*Fish main dish: this recipe provides a portion of starchy foods and oily fish. It counts towards the food-based standard for lunch to provide a portion of starchy food and a portion of oily fish once every three weeks.*

Recipe adapted from: Lancashire County Commercial Group

### Ingredients

650g pasta  
800g MSC salmon, fresh or frozen (Marine Stewardship Council certified)  
200g broccoli, trimmed

#### For the white sauce:

35g unsaturated fat spread  
100g onion, peeled and chopped  
35g plain flour  
500ml skimmed milk  
5g ground black pepper

### Method

1. Cook the pasta according to the manufacturer's instructions. Then drain.
2. At the same time, poach the salmon and boil the broccoli until tender. Then drain.
3. Meanwhile, make the white sauce by melting the spread and adding the onion. Cooking for a few minutes until soft. Then stir in the flour to form a roux. Gradually add the milk stirring continuously until the sauce is thickened.
4. Flake the poached salmon and broccoli into the sauce and combine. Season to taste with black pepper.
5. Serve the sauce over the top off the pasta.

**Serving suggestion:** seasonal vegetables or salad.



#### Number of portions this recipe makes:

13 primary servings (240g)  
10 secondary servings (310g)



**Prep:** 10 minutes  
**Cook:** 30 minutes



#### Allergy information:

Milk, fish, wheat (gluten)



### Top Tips

Use wholemeal pasta to meet standard to provide one or more wholegrain varieties of starchy food each week.

#### Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose spreads based on unsaturated fats & milk which is reduced fat (i.e. has a fat content of no more than 1.8g/100g).