



## SALMON IN TOMATO SAUCE & PASTA

*Fish main course:* This recipe provides a portion of oily fish, and a portion of starchy food.

Recipe adapted from: Solihull Catering Service

### Ingredients

750g salmon fillet, MSC  
30ml (2tbsp) vegetable oil  
450g onion, peeled and chopped  
400g chopped tomatoes, canned  
30g (2tbsp) tomato puree  
21g (7tbsp) dried mixed herbs  
6g (1) reduced-salt vegetable stock cube  
500ml water  
700g wholemeal pasta shapes

### Method

1. Steam the salmon fillets.
2. In a pan, sauté the onion in the oil, and stir in the tomatoes, tomato purée, herbs and stock, cook until the sauce reduces.
3. Cook the pasta according to manufacturer's instructions in unsalted water.
4. Combine the pasta and tomato sauce mixture.
5. Serve the pasta with salmon delicately broken into bite size pieces.

**Serving suggestion:** serve with a seasonal crisp salad and slice of crusty bread.



#### Number of portions this recipe makes:

12 primary servings (310g)  
9 secondary servings (415g)



**Prep:** 15 minutes  
**Cook:** 30 minutes



#### Allergy information:

Celery, egg, fish, milk, wheat (gluten)



#### Top Tips

Try serving the salmon and sauce with couscous instead of pasta shapes.

#### 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 oils based on unsaturated fats, and stock preparations with a salt content less than 0.6g/100ml as consumed.