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.

We have asked Children’s Food Trust to check this recipe against the School Food Standards, list allergens and ensure ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF).