

Whole-Wheat Spaghetti with Lemon, Basil & Salmon

Ingredients

1 pound Salmon Fillet cut into serving size pieces	1 tbsp olive oil
1/2 lb whole wheat spaghetti	1/4 cup chopped fresh basil leaves
1 clove garlic, minced	3 tbsp capers
2 tbsp extra virgin olive oil	Zest of 1 lemon
1/2 tsp each salt & ground black pepper, plus more for seasoning	2 tbsp lemon juice
	2 cups fresh arugula or baby spinach leaves

Directions

Bring a large pot of salted water to a boil over high heat. Add pasta and cook until done. Drain and transfer to a large bowl. Add the garlic, extra virgin olive oil, salt & pepper. Toss to combine.

Meanwhile, warm the olive oil in a skillet over medium-high heat. Season salmon with salt & pepper. Add fish to the pan and cook 2-5 minutes per side, depending on desired level of doneness. Remove the salmon from the pan.

Add the basil, capers, lemon zest & lemon juice to pasta and toss to combine. Set out 4 serving plates or shallow bowls. Place 1/2 cup spinach in each bowl. Top with pasta and then with salmon. Serve immediately.

Tip: Reserve some pasta water and use to wilt spinach when serving.

Get Fresh

Reading, PA

610-670-2500

adelphiaseafood.com

