



Salmon fillet with spinach cream sauce

cashew nuts and oregano

This recipe is a real winner for busy days. And a favourite among young and old alike. Even if you are no star chef, you can put this meal on the table in 15 minutes. Spinach is considered a powerhouse among vegetables and contains many vitamins and minerals. The perfect boost against a winter dip.

15 min | 899 kcal

*Help us to reduce paper use,
CO2 emissions and financial
costs by viewing your recipes
on our mobile website*



ekomenu
FEEL GOOD

ORGANIC INGREDIENTS

1P 2P 3P 4P

Wholegrain spaghetti	g	100	200	300	400
Spinach	g	200	400	600	800
Crème fraîche	ml	35	70	125	125
Shallot	item	1	2	2	3
Salmon fillet	g	100	200	300	400
Cashew nuts	g	15	25	40	50
Fresh oregano	item	0.25	0.5	0.75	1

add yourself:

Extra virgin olive oil	tbsp	1	1	1	1
Butter	tbsp	0.5	1	1.5	2
Salt and pepper					

**In organic cultivation, the vegetables supplied are more likely to vary in weight. To prevent waste, we sometimes adjust the quantities when packing. We guarantee 200-250 grams of vegetables per serving.*



Share your dish
online using
#ekomenu

PREPARATION

1. Bring a pan of water and a pinch of salt to the boil and cook the pasta al dente for 8-10 minutes, then pour off the water and let it evaporate for a while (collect some cooking water).
2. Wash the spinach thoroughly in a bowl of water and drain very well in a colander. Cut the spinach into smaller pieces.
3. Heat oil in a large frying pan and fry the spinach over medium-high heat until tender. Add the crème fraîche and a dash of pasta cooking water and season with salt and pepper. Keep warm, covered, over a low heat.
4. Cut the shallot into wedges. Pat the salmon dry. Heat oil in a frying pan and fry the shallot with the salmon fillet over high heat. Temper the heat, add a knob of butter and cook, covered. It is nice when the salmon is very light pink inside, so not overcooked. Season with salt and pepper.
5. Serve the pasta with a generous spoonful of spinach cream sauce and the salmon fillet, and scatter the cashews and oregano on top.

Tip: It is also nice to puree the spinach with the cream to make a smooth sauce.

Organic



info@ekomenu.nl
info@ekomenu.be

Subscribe to our
newsletter

