

“Budget friendly salmon pasta sound like a little bit of a contradiction, right.

My budget friendly salmon pasta is an attempt to prove to you that it is not only “rich people” who eat salmon. With a little smart thinking you can present a dish packed with flavor, show some style and not kill your budget.”

– Chef Nina Timm

[www.my-easy-cooking.com](http://www.my-easy-cooking.com)



serves 4-5

## Ingredients

- 150 g salmon – skin removed
- 125 ml dry oats
- zest and juice of 1 lemon
- a small handful of fresh herbs – I used basil and fennel
- 1 egg
- salt and black pepper to taste
- 3 T flour
- 2 T **Olyfberg olive oil**
- 250 ml cream
- 500 g Egg Tagliatelli Pasta

## Method

*First make the salmon balls;*

Place the following ingredients in your food processor; The salmon, oats, herbs, egg, salt, pepper and the zest and juice of half the lemon. Process until mixed.

Shape the salmon balls with a teaspoon ( quite a sloppy consistence) and roll into the flour.

# *three streams*

In the meantime get a pot of water boiling, add some salt and cook the pasta.

Heat a pan, add the olive oil and fry the salmon balls until light golden brown.

Now add the cream, more chopped herbs and the zest of the other half of lemon to the pan.

Season with salt and pepper.

Reduce the cream a little and then add lemon juice.

Drain the pasta and add to the pan with salmon and cream.

Toss through and serve immediately.