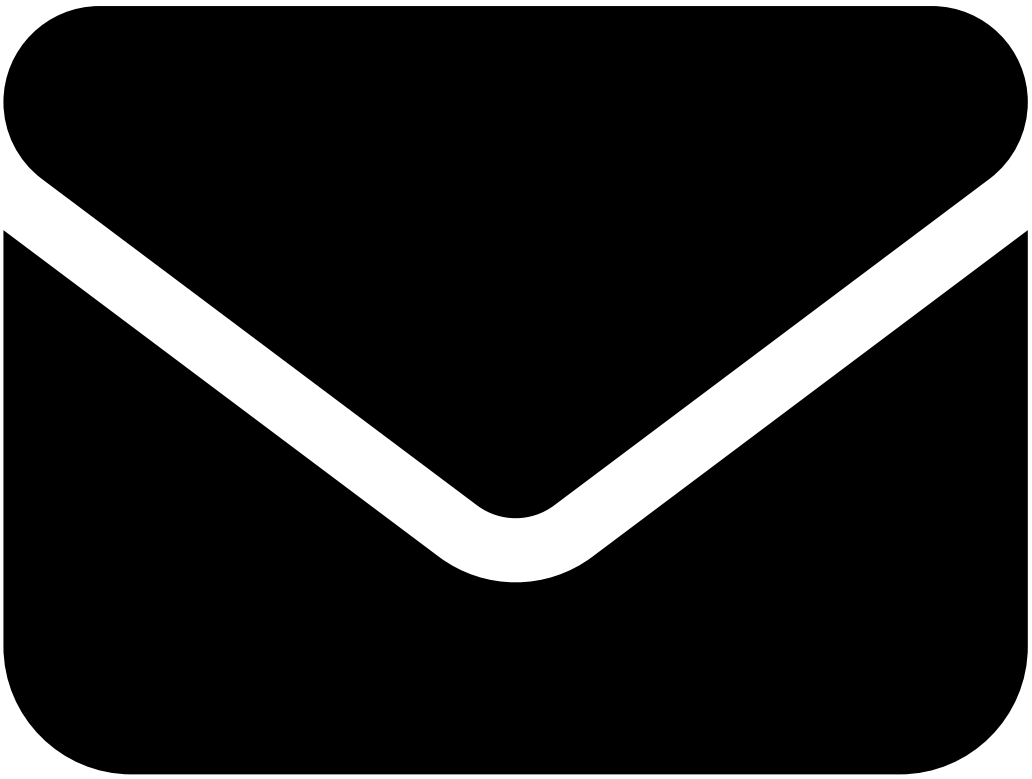
Salmon Broccoli Fettucini

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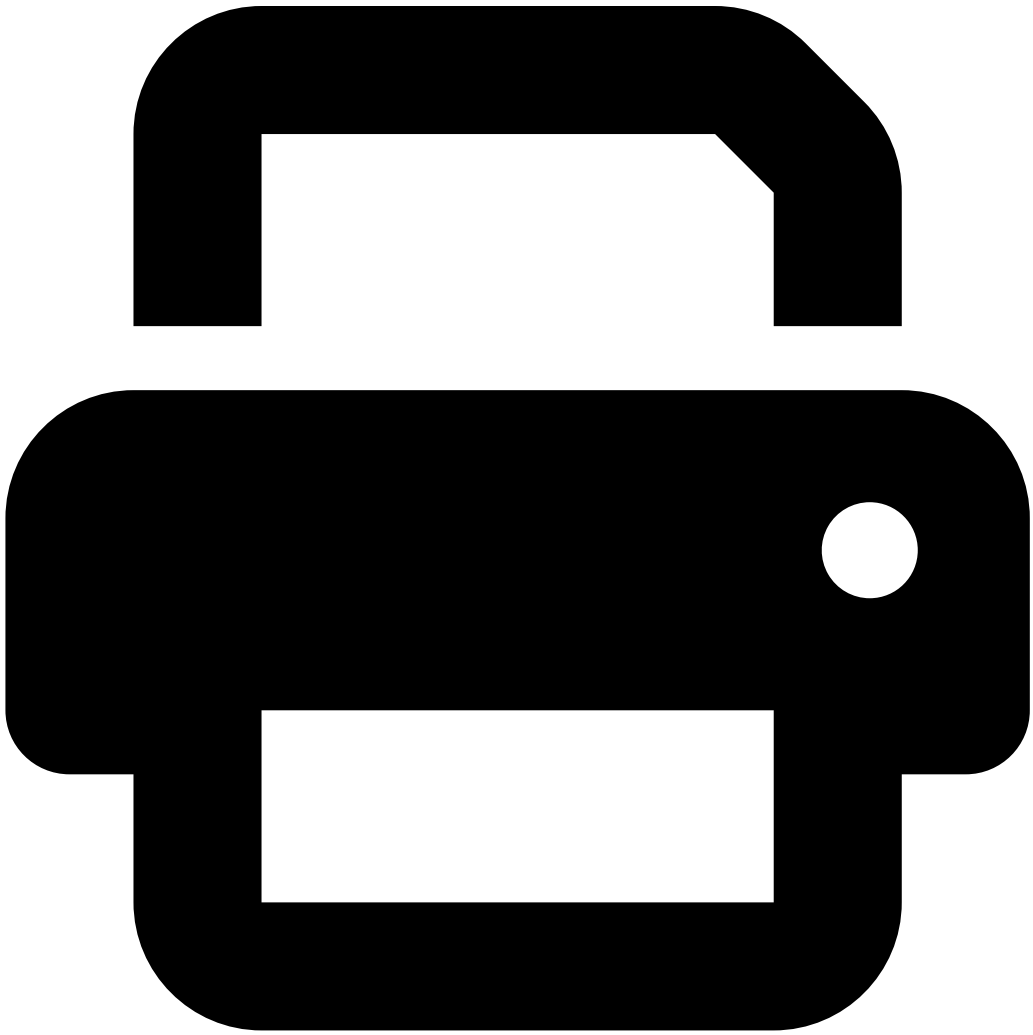
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SMS



This salmon, broccoli fettucini is the best recipe when your craving Italian, and want quick and easy too. Pasta, salmon and broccoli tossed in a light creamy, lemony sauce, full of delicious summer flavors.
When you need an easy 30 minute dinner make this pasta. It’s comfort food with a light and summery taste.

OK, so I know I post a lot of pasta recipes, but pasta is so versatile, you could have hundreds of combinations. At the restaurant on the menu, you pick, your pasta shape, sauce,and any extra add-ins.

By some estimates there are 600 distinct commercial brands of pasta shape, hundreds of sauces, endless vegetables and protein combinations.

That’s why I post a lot of pasta recipes, when am stuck for a dinner idea it’s Pasta to the rescue. It’s not often you find a meal the whole family will like, when you do you’ll want to

make it often.

Making Salmon Broccoli Fettucini

Start by cooking the pasta according to package direction, adding the broccoli the last few minutes of cooking. Drain the pasta and broccoli reserving two cups of the magical pasta water.

YES, pasta water is magical when added to pasta sauces, is’t natural starch thickens the sauce and adds flavor eliminating the need for added creams. Salt and pepper the salmon then cut it into cubes.

Brown the salmon then remove it from the pan to prevent overcooking, set it aside while making the sauce.

Put the rest of the ingredients in the pan scraping up all the brown bites, simmer for 10 minutes. Return salmon, broccoli and pasta to saute pan heat through, sprinkle with parsley and thyme….ENJOY If you make this recipe please leave me a comment and don’t forget to tag me on Instagram hearing from you is my favorite part. If you like salmon, you may want to try my Citrus Salmon

Salmon Broccoli Fettucini



Tender salmon, fresh broccoli, and fettuccine are tossed in a creamy Parmesan sauce for a comforting pasta that's rich, fresh, and perfect for an easy weeknight dinner.

- ½ lb Fettuccine
- 2 cups broccoli florets
- ½ lb skinless salmon cut in medium chunks
- 2 tbs butter and extra virgin olive oil
- 2 cups pasta water
- 1 cup manufacturing cream
- 1 cup grated parmesan cheese
- 3 tbs chopped garlic
- 2 tbs grated lemon peel
- 1 Juice from 2 lemons
- 2 tbs each Italian parsley and Thyme
- Pinch of nutmeg
- Salt and pepper to taste

1. Cook fettuccine according to package directions Add broccoli last 5 minutes and reserving two cups of the water
2. Salt and pepper the salmon pieces
3. In a saute pan bring oil and butter to a medium heat
4. Add onion and garlic saute until tender and just beginning to brown
5. Add salmon cook 5 minutes brown slightly and remove set aside
6. Add resevered pasta water, cream, parmesan, lemon juice, and lemon peel
7. Simmer 10 minutes
8. Toss, pasta, broccoli, salmon and herbs in the sauce