

Linguine with flaked salmon

SERVES 4 PREP 5mins COOK 15mins

Low
saturated
fat



- 350g The Co-operative linguine
- 1 garlic clove
- a large pinch crushed chillies
- 60ml freshly squeezed lemon juice
- 3 x 100g packets The Co-operative hot smoked salmon flakes
- 100g baby spinach leaves

1 Cook 350g dried linguine according to

the packet instructions. Drain, reserving 75ml of the liquid, and set aside.

2 Pour the reserved cooking liquid back into the saucepan. Add 1 large crushed garlic clove, a large pinch of crushed chillies and 60ml freshly squeezed lemon juice.

3 Bring to the boil and cook for 1-2 mins. Add 3 x 100g packets of hot smoked salmon flakes, the drained pasta and 100g baby spinach leaves and stir

until the leaves have wilted. Serve immediately.

Calories 421	Fat 12g	Sat Fat 1.9g	Sugars 1.9g	Salt 1.4g
approx. per serving				

The **co-operative**
good with food