



*Active Education in Health & Wellbeing*

## **Pesto Salmon Fishcake Spinach and Parmesan Pasta Shells Red Devil Chutney**

### **INGREDIENTS**

Salmon Fillets – 400g  
Juice from 1 lemon  
Chunky Diced Fresh Tomatoes – 2  
Fresh Basil – 10 leaves  
1 Egg  
Fine Diced Spanish Onions – 1 small  
Vegetable Oil – 50ml  
Fresh Spinach Leaves – 100g  
Dried Parmesan Cheese – 3tbs  
Pasta Shells Cooked – 200g  
Tomato Puree – 2 tbs  
Sliced Red Pepper – 1  
½ tsp Mild Chilli Powder  
Sliced Spring Onions – 60g  
3 Slices Bread into Breadcrumbs  
Sultanas – 2tbs

### **Method**

1. Place the basil leaves onto the salmon and place into a steamer or oven at 180c for 8 minutes or until thoroughly cooked
2. Place the cooked pasta, spinach and parmesan cheese and steam for 8 minutes until piping hot
3. When the basil/salmon is cooked place carefully into a food processor with the egg, breadcrumbs, and lemon juice blend until thoroughly mixed, divide into 4 and pan fry each side in a frying pan with half the oil until golden brown
4. In a saucepan or wok stir fry the onion, peppers, tomatoes, sultanas, spring onions and add the chilli, stir in the tomato puree.
5. To serve place the hot pasta into the centre of a plate, place the fish cake on top of the pasta and serve the chutney in each corner of the plate.