



## Food For Thought Recipe and Allergen Card

### Salmon and Spinach Spaghetti

### 30 Portions

Ingredient	Hannah Product Code	Quantity
Frozen Salmon Fillet	F004502	4 Fillets
Bechamel Sauce	(as per FFT recipe)	3 Litres
Juice of 1 Lemon		
Fresh Chives		2 Tbsp
Fresh Spinach		250g
Salt and Pepper	To Taste	
Spaghetti	D005015	500g
Onion (diced finely)		1 Large
Garlic (diced finely)		4 cloves

#### RECIPE METHOD – ALLERGENS

1. On parchment paper, season the salmon fillets with salt and pepper and squeeze over the juice of 1/3 of the lemon
2. Cook in the oven at 180°C for about 15 until the fish is just cooked
3. Prepare the béchamel sauce as per the FFT recipe ensuring that it has got a loose consistency as it tends to thicken substantially when added to the sauce
4. In a separate pan add fry the onion and garlic in olive oil until it is translucent and then add the cooked béchamel sauce
5. Season with salt and pepper, add the remaining lemon juice and then flake in the cooked salmon
6. Cook the spaghetti in boiling water and drain, combine the sauce and pasta ensuring all of the pasta is coated evenly, you may need to add a little more milk to adjust the consistency
7. Just before serving add the chopped chives and washed spinach leaves

The allergens highlighted in **RED** are present in this dish

Allergens:

Cereals : **Wheat**

Rye

Barley

Oats

Spelt

Kamut

**Milk**

Eggs

Peanuts

Tree Nuts

Sesame

**Fish**

Crustaceans

Molluscs

Celery

Mustard

Soya

Lupin

Sulphites

May contain...