Smoked not salmon pasta

with dill and lemon



Make this dish within 5 days of receiving your meal kit

Cooking equipment: large deep frying pan, large pot

Pantry items needed: frozen peas, plant based butter, salt

Hands-on: 20-25 minutes
Ready in: 20-25 minutes

Serves: 2 or 4

A timeless classic - made 100% plant-based. Our vegan smoked not salmon pasta features Uproot Food's smoky carrot "salmon," folded into a silky cream sauce with fresh dill and briny capers for that signature deli-style bite. Think of your favourite smoked salmon bagel, but in pasta form!

HIGH FIBRE | Great for leftovers



Uproot Food Smoked Not Salmon

130g $11.00

Featured as part of this meal kit and available to add to your next order.

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Salt*	1 tsp	2 tsp
Frozen peas*	¾ cup	1½ cups
Spring onion	30g	60g
Dill	10g	20g
Capers	30g	60g
Lemon	100g (half)	100g
Farfalle	250g	500g
Plant-based butter*	1 tbsp	2 tbsp
Plant-based cream	115g	230g
Uproot Food Smoked Not Salmon	100g	200g

** Pantry items*

Allergens and ingredients

Allergens: gluten, wheat.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Prepare ingredients

Fill a large pot ⅔-full with water and bring to a boil. Add **salt*** and stir to dissolve.

Add **frozen peas*** to a bowl of water and allow to defrost. Finely slice **spring onion**. Pick **dill** leaves. Drain **capers**. Zest and juice **lemon** (**½ for 2 serves** and **1 for 4 serves**).

2. Cook pasta

Add **farfalle** to boiling water and cook for **10 minutes**. In the last **2 minutes** of cooking, add **peas***. Drain into a colander, reserving pasta water (**¼ cup for 2 serves** and **½ cup for 4 serves**).

3. Cook sauce

In a large deep frying pan over low-medium heat, add **plant-based butter***. When melted, add **spring onion** and gently cook until softened, about **2 minutes**. Add **plant-based cream**, **reserved pasta water** and **lemon juice** and cook until lightly bubbling, about **3 minutes**.

4. Finish sauce

Add **capers** and **smoked not salmon** (breaking apart any large pieces) to **sauce** and gently toss to coat. Add **dill**, **pasta** and **peas*** to sauce and toss again to coat.

5. Serve

Serve **smoked not salmon pasta** topped with **lemon zest**.

Nutritional information*

	Per 478g serve	Per 100g
Energy	2949kJ (705Cal)	617kJ (148Cal)
Protein	19.4g	4.1g
Fat, total	26.9g	5.6g
- Saturated	13.1g	2.7g
Carbohydrate	93.1g	19.5g
- Sugars	4.8g	1.0g
Sodium	1351mg	283mg

** Nutritional information is based on averages*