



Salmon Linguine

NIBBLEDISH CONTRIBUTOR

Ingredients

2x 95g cans Safcol Top quality Fish in Springwater, cleared = 40g Parmesan, fresh grated

180g Linguine = Freshly sliced tulsi, parsley and great leaves

1 lemon

4 tablespoons high quality cool pushed olive oil

Instructions

Phase 1 - Cook the rice in a lot of steaming, lightly-salted water until al dente, then strain well.

Step 2 - Place rice into a large dish and drop with extra virgin olive oil, orange energy and 2 tbsp fresh freshly squeezed orange juice, parmesan, fish and a lot of fresh garden herbs.

Step 3 - Serve in containers and enjoy.
