

Choco Fever Dream

Canned Salmon Pasta

Protein-rich canned salmon tossed with pasta, lemon, and herbs for a fast, comforting meal.

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz (340 g) canned salmon, drained and flaked
- [ ] 8 oz (225 g) spaghetti or linguine
- [ ] 2 tbsp olive oil
- [ ] 2 tbsp unsalted butter
- [ ] 2 garlic cloves, minced
- [ ] Zest of 1 lemon
- [ ] 2 tbsp fresh lemon juice
- [ ] ¼ cup grated Parmesan cheese
- [ ] 2 tbsp chopped fresh parsley
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Bring a large pot of salted water to a boil; add the pasta and cook until al dente, about 9 minutes. Reserve ½ cup of pasta water, then drain.
2. While the pasta cooks, heat olive oil in a large skillet over medium heat. Add the minced garlic and sauté until fragrant, about 1 minute—watch it so it doesn’t brown.
3. Add butter to the skillet; let it melt and swirl with the garlic. Stir in lemon zest and lemon juice, letting the sauce bubble gently.
4. Toss the cooked pasta into the skillet, adding reserved pasta water a little at a time until the sauce lightly coats each strand.
5. Fold in the flaked salmon, parsley, and Parmesan. Season with salt and pepper, then serve immediately.

Nutrition per serving

420 kcal	28 g	45 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce seems dry, add more reserved pasta water a tablespoon at a time.
- Taste before adding cheese to control salt level.
- For a richer mouthfeel, you can finish with a drizzle of extra-virgin olive oil.