

Spaghetti with Smoked Salmon and Vegetables

Contributed by Duncan Harris (not cooked at Lanehead, but maybe next time)

Serves 2 adults and one small child (age 6, but hungry!)

This is a variant on spaghetti carbonara, but with the benefit of some oily fish.

Ingredients

300g dried spaghetti / tagliatelle

1 onion

50g finely grated parmesan (or cheddar cheese)

3 cloves garlic, crushed or finely chopped

3 eggs

3 tablespoons of milk

30g butter

black pepper

100g smoked salmon

+ vegetables, e.g.

1 red pepper, diced

200g mushrooms, sliced or diced

1 large courgette, sliced or diced

1 leek sliced

Alternatives: green beans, mange tout, broccoli, 200g can of sweetcorn

Method

prepare vegetables

boil water in large pan for pasta

chop and fry onion with crushed garlic

start cooking spaghetti (usually 12 mins)

beat eggs in bowl, add milk and parmesan and mix to smooth sauce, add some black pepper

cook mushrooms or pepper with onion

cook other vegetables in spaghetti water or steam over for appropriate time (green beans 4 mins, courgette 2 mins)

when spaghetti and vegetables cooked drain in colander and return to pan

add butter to spaghetti and stir until melted (can optionally use low heat, e.g. ring used for frying pan)

add onions & vegetables cooked with them, stir

add egg, milk & cheese mixture and stir

the heat from the pasta cooks the egg

add chopped salmon, stir

serve immediately