

Salmon and Broccoli Pasta Gratin

Is there a can of salmon sitting on your shelf? Add a few fresh ingredients and serve with a crispy salad to transform it into a quick, easy and healthy midweek meal. This recipe is low in saturated fat, salt and sugar. Salmon contains omega-3 fatty acids which are good for our heart and vitamin D which is important for healthy bones.



Fish, milk, soya and wheat (gluten)*

Nutritional information per portion (492g):

Energy	Fat	Saturates	Sugars	Salt
1991kJ 474kcal 24%	14g 21%	5.4g 27%	11g 13%	1.3g 22%

of an adult's reference intake.
Typical values per 100g: energy 405kJ/96kcal.

Equipment

Weighing scales
Chopping board
Sharp knife
Fork
Colander
Can opener
Grater
Stick blender or food processor
Large saucepan
Steamer to fit on top of pan
2 litre ovenproof dish
Medium saucepan
Measuring jug
Wooden spoon
Oven gloves

Ingredients

Serves 4
1 medium onion OR leek
300g broccoli
1 x 213g can salmon
75g strong reduced-fat Cheddar cheese
1 slice wholemeal bread
300g wholemeal pasta
25g unsaturated fat spread
25g plain flour
600ml semi-skimmed milk
Black pepper (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- The sauce should not be too thick when added to the pasta, as the pasta will absorb more liquid when baked. Add a little of the reserved cooking liquid to the sauce mixture at step 12, so that it's very smooth, before topping with the breadcrumbs and cheese.

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Method

1. Preheat the oven to 190°C / 170°C fan or gas mark 5.
2. Peel and finely chop the onion or wash, trim and slice the leek into fine rings.
3. Wash the broccoli then cut it into small florets. Chop the tender parts of the stalk into small pieces and add to the florets.
4. Drain the can of salmon and break the fish into chunks, removing any large bones and mashing any small ones with a fork.
5. Grate the cheese and make the slice of bread into breadcrumbs with a stick blender or in a food processor.
6. Cook the pasta in a large pan of boiling water according to the instructions on the pack.
7. Put the broccoli in a steamer and steam it above the cooking pasta for about 5 minutes or until just tender, or add the broccoli to the pasta 5 minutes before the end of the cooking time.
8. Drain using a colander, reserving a little of the cooking liquid, and put into a large ovenproof dish together with the broccoli.
9. Melt the spread in the medium saucepan on a medium heat and add the onion or leek. Stir until sizzling then reduce the heat and cook gently for 3–4 minutes until soft.
10. Take the pan off the heat and stir in the flour. Cook over a low heat for 1 minute then gradually add the milk, stirring constantly until smooth.
11. Stir continuously until the sauce is simmering. Allow to bubble for 2 minutes and season with black pepper (if using).
12. Take the sauce off the heat and add half the cheese. Stir until melted then add to the pasta together with the salmon. Gently mix together.
13. Sprinkle the breadcrumbs over the pasta followed by the remaining cheese.
14. Bake in the oven for 20 minutes until bubbling and golden and then serve.

Skills used include:

Washing, weighing, measuring, peeling, chopping, grating, blending, melting, boiling/simmering, steaming and baking.

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Top nutrition facts

- Vitamin D helps our bodies to absorb calcium and plays an important part in keeping our bones and teeth healthy. Although it's in certain foods, vitamin D is sometimes called the sunshine vitamin as most of the vitamin D we need comes from sunlight – our bodies make the vitamin when sunlight hits our skin.
- Oily fish, such as canned salmon or mackerel, are good sources of vitamin D. So together with the calcium in milk and cheese, this recipe provides an ideal combination for a nutritious meal.

Something to try next time

- Use fresh salmon instead of canned. Put 400g of salmon in a medium saucepan and cover with half the milk from the recipe. Slowly bring to the boil and simmer for 1 minute. Leave to cool for a few minutes then check that the salmon is cooked and will flake easily. Remove the salmon and add to the recipe in the same way at step 12. Use the cooking milk in the sauce.

Prepare now, eat later

- Prepare the gratin in advance and cool as quickly as possible. Cover and refrigerate for up to 24 hours. Bake for an extra 10 minutes as the dish will be cold when put into the oven. Alternatively, freeze for up to 1 month. Defrost before cooking in the same way.
- Transfer any leftovers to a smaller ovenproof dish and store in the fridge for up to 24 hours. Reheat until piping hot, adding a little more milk before heating, as the pasta will have absorbed the sauce.