

Easy salmon, tomato and zucchini spaghetti with chilli oil

A delicious meal for the whole family, created by IKEA in collaboration with Warren Mendes



Contains
fish



Serves 4



20 min

Ingredients

Main recipe

- ¼ cup extra virgin olive oil
- 6 spring onions, sliced
- ½ bunch parsley, stalks and leaves chopped separately
- 250 g cherry tomatoes, halved
- 3 garlic cloves, crushed
- 300 g dry spaghetti
- ¼ cup tomato paste
- 125 g sour cream
- 2 × 150 g salmon fillet portions, skin removed
- 2 zucchini
- Lemon wedges to serve
- Grated Parmesan cheese to serve

Chilli oil (optional)

- 1 cup extra virgin olive oil
- ¼ cup red chilli flakes
- 2 tsp salt flakes, or 1 tsp fine salt

Step-by-step

1. For the chilli oil (optional), place all the ingredients in a small saucepan and gently heat over medium-low heat until you hear the chilli starting to sizzle. Immediately turn off, and pour into a jar to cool and infuse.
2. In a flat-bottomed non-stick wok, heat the oil over medium-high heat. Chop the white and light green parts of the spring onion and add to the wok, keeping the dark green parts for later. Cook for 2-3 minutes, then add in the parsley stalks. Season with salt and freshly cracked black pepper, then add the tomatoes and garlic and cook for a further 2 minutes. Toss the mixture every now and then, and crush the tomatoes with a potato masher or spoon. Bring a large saucepan of water to the boil and salt well. Add the pasta and cook until al dente (about 9 minutes).
3. Add the tomato paste to the onion mixture, then cook out for 2-3 minutes. Add the sour cream, and about ½ cup of water from the boiling pasta. Stir to combine. Lay in the salmon fillets, and poach in the mixture for about 5-6 minutes. Then break them up with your spoon so they flake.
4. Use a spiraliser, or vegetable slicer such as the UPPFYLLD vegetable slicer, to spiralise your zucchini into spaghetti. Once the pasta is cooked, use tongs to add it to the salmon sauce mixture, together with the spiralised raw zucchini, and about ½ cup of water from the pasta. Toss to combine. Add lemon juice to taste, and top with chopped spring onion greens and parsley leaves.
5. Serve with chilli oil (optional), lemon wedges and even some grated Parmesan cheese.



Warren Mendes
@warrenmendes

