

Salmon Pasta

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-butter-salmon-recipe>

Ingredients:

- 2 cups whole wheat penne pasta
- 1 tablespoon olive oil
- 3 cloves garlic minced
- 12 ounces salmon skin removed and cut into 2-inch strips
- 1 cup frozen peas thawed
- 1 shallot large, finely chopped
- 2 tablespoons butter
- 2 tablespoons all purpose flour
- 1/2 cup milk
- 1/2 cup cream
- 1/4 cup shredded Parmesan cheese
- salt
- pepper
- Parmesan more, for serving

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 90 milligrams
4. Fat: 22 grams
5. Fiber: 7 grams
6. Protein: 34 grams
7. SaturatedFat: 11 grams
8. Sodium: 520 milligrams
9. Sugar: 4 grams

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