

Artichoke, Salmon & Green Peppercorn Fettuccine in a Creamy Lime Sauce



R & J Mazza
GLOBE
ARTICHOKES

Ingredients

400g Fettuccini
½ teaspoon salt,

2 tablespoons oil,
1 onion, chopped,
2 cloves garlic, finely chopped,

300g fresh salmon, cooked and flaked,
300g artichokes hearts, sliced,
55g green peppercorns, drained,
¼ cup dry white wine,
¼ cup chicken stock,
Juice from 1 lime,
Zest from 1 lime,
½ cup cream,

2 tablespoons parsley, chopped,
½ cup parmesan cheese, grated,
Salt and cracked pepper, to taste,



How to Cook

1. Boil water in a saucepan, add fettuccine pasta and salt. Stir occasionally while cooking.
 2. Place oil in large frypan over medium heat. When hot, add onion and sauté until soft.
 3. Add garlic and cook for a further minute. Avoid burning garlic otherwise it will taste bitter.
 4. Add artichoke hearts, salmon, green peppercorns, white wine, chicken stock, lime juice and lime zest. Cook for a further 2 minutes. Add cream and heat through.
1. Add parmesan, salt, pepper and remove from the heat. Add parsley and mix well.
 2. Drain pasta when cooked and add artichoke and salmon mixture.



Serves 4-6

How to Prepare Salmon

Preheat oven to 180°C.
Place fresh salmon pieces on an oven tray.
Sprinkle with salt & cracked pepper and bake
in oven for 15-20 mins or until cooked.
Remove from oven and set aside to cool.
Once cooled, break into smaller pieces.

