



Ingredients

300g fettuccine,
¼ teaspoon salt,
350g artichoke hearts, sliced,
3 tablespoons extra light olive oil,
2 cloves garlic, finely chopped,
100g smoked salmon, chopped,
¼ cup dry white wine,
Juice and zest of 1 lemon,
¼ cup parsley,
Salt and pepper, to taste,



Extra Ingredients

2 tablespoons extra virgin olive oil,
Parmesan cheese, grated or shredded,

How to Cook

Boil water in a saucepan, and add fettuccine and salt. While cooking, prepare remaining ingredients.

Put extra light olive oil in a frypan, when hot add garlic. Sauté until cooked, add sliced artichoke hearts and cook for a further minute. Add wine, salmon, lemon juice, lemon rind, salt and pepper and simmer (approx. 1 minute). Take frypan off the heat, stir in parsley and set aside.

When cooked, drain fettuccine and add extra virgin olive oil to avoid it from sticking together, mix through.

Add artichoke mixture and mix well. Place in serving plates and serve with parmesan.

Serves 4

