

Long Livo

Canned Salmon Pasta: Quick & Easy Meal

10 min Prep time	**15 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz (340 g) canned salmon, drained and flaked
- [ ] 8 oz (225 g) short pasta (penne or fusilli)
- [ ] 2 tbsp olive oil
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp lemon zest
- [ ] 1/4 cup dry white wine or chicken broth
- [ ] 1/3 cup heavy cream or half-and-half
- [ ] 2 tbsp grated Parmesan cheese
- [ ] 2 tbsp fresh dill or parsley, chopped
- [ ] Salt and black pepper to taste

Instructions

1. Bring a large pot of salted water to a boil; add pasta and cook until al dente, about 9 minutes. Reserve 1 cup of pasta water, then drain.
2. While pasta cooks, heat olive oil in a wide skillet over medium heat. Add minced garlic and lemon zest, sauté until fragrant, about 1 minute.
3. Add the white wine (or broth) to deglaze, letting it reduce by half, then stir in the cream. Simmer gently for 2 minutes.
4. Fold in the flaked salmon, letting it warm through. Toss the cooked pasta into the sauce, adding reserved pasta water as needed to achieve a silky coating. Finish with Parmesan, fresh herbs, and season with salt and pepper.
5. Serve immediately, garnished with an extra sprinkle of herbs and a light drizzle of olive oil. Enjoy the comforting warmth of this quick meal.

Nutrition per serving

420 kcal	25 g	45 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too much, add a splash more pasta water.
- Pat the salmon dry before adding to avoid excess liquid.
- For a lighter version, use half-and-half instead of heavy cream.