



Salmon with Chorizo and Pasta

Salmon with chorizo and pasta is a heartwarming, delicious and easy to prepare meal. The smokiness of the chorizo lend a deliciously warm undertone to the salmon.

I made this meal after working at Hospice all day. I was tired and hungry and couldn't really be bothered to prepare anything. This livened up my tastebuds and left me feeling happy and satiated. Give it a try, you won't regret it.

Ingredients: Serves 4 as a main course

4 salmon fillets	2" piece freshly grated ginger
5" piece of chorizo sausage, halved lengthways and sliced	2 tsp smoked paprika
1 tbsp butter	1 tsp ground coriander
1 small red onion, diced	2 tbsp balsamic vinegar
2 red peppers, sliced lengthways	grated parmesan cheese
50g tin anchovy fillets, drained	4 handfuls fresh rocket
1 tsp ground turmeric	pasta of your choice
	salt and pepper to taste

Method:

Prepare your favourite pasta ready to be added to the mixture once the salmon has cooked through.

Melt the butter in a large frying pan. Add the onion and fry on a medium heat for 5 minutes then add the garlic, ginger and red pepper. Fry for a further 5 minutes on a medium heat.

Add the anchovies to the pan - they will melt into the juices. Add the spices and balsamic vinegar and combine well.

Add the salmon into the pan and make sure each side is well covered with the spiced mixture. Cook each side of the salmon on a medium heat for approximately 5 minutes. The salmon will begin to break up.

Once the salmon is cooked through, add the pasta to the pan and combine well. Just before serving, remove the pan from the heat and add the rocket, then scatter with the parmesan and combine well.