

Salmon Carbonara

Serves 2

- 2 salmon filets
- pinch of sea salt
- pinch of pepper
- drizzle of olive oil
- 1 large egg
- 40g grated parmesan cheese
- 25g butter
- 2 cloves of garlic, crushed
- 1 lemon, zest only
- 20g flat leaf parsley, chopped
- spaghetti, 120g

Method

- Pre-heat the oven to 200 degrees.
- Season the Salmon skin with the salt and pepper and drizzle over a little olive oil, rub into the skin a little.
- Heat a frying pan, one that can also go into the oven.
- Add the salmon, skin side down. Cook until the skin is crisp.
- Turn the salmon over and place into the oven for 10 minutes.
- Meanwhile, cook the spaghetti. Make sure you reserve the hot pasta water.
- Whisk together the egg and parmesan, set aside.
- Once the salmon is cooked, remove the salmon from the pan and set aside.
- Using the same pan (be careful as it is hot, use an oven glove), melt the butter.
- Add the garlic, lemon zest and parsley. Stir.
- Season well with salt and pepper, mix again then add the hot spaghetti.
- Ladle in two scoops of the pasta water and mix well.
- Turn off the heat and wait for 1 minute.
- Gently pour in the egg mixture, shaking and tossing together as you pour. The heat of the pasta will cook the egg creating a creamy coating to the spaghetti.
- Once combined add flakes or chunks of the salmon, toss together and serve.
- I served mine with extra parmesan, lemon zest, parsley and a drizzle of extra virgin olive oil.