



# Pasta with Smoked Salmon and Capers



Serves 2

*If you don't have any whey protein powder you could use double cream instead, just omit the milk.*

## Ingredients

- 180ml skimmed milk
- 4 tbsp whey protein powder
- 200g penne pasta
- 1 tsp olive oil
- 3 spring onions, finely sliced
- 1 red chilli (optional), finely chopped
- a little parmesan cheese, grated
- 2 tbsp capers, rinsed and drained
- grated zest of ½ lemon
- freshly ground black pepper
- 100g cold-smoked salmon, cut into strips

## Method

First whisk together the skimmed milk and whey protein powder making sure it is well mixed and no lumps remain. Set aside.

Cook the pasta according to pack instructions.

While the pasta is boiling make the sauce.

Gently fry the spring onions in the olive oil until softened.

Over a very low heat stir in the whey powder and milk mixture. Keep stirring all the time while the sauce gradually thickens.

Add the grated parmesan and stir until melted through the sauce. Remove from the heat.

Add the red chilli (if using), the capers and lemon zest. Season with freshly ground black pepper.

Drain the pasta and tip into the sauce along with the smoked salmon and stir well to combine. Serve.