

# ALASKA SALMON PENNE WITH GREEN BEANS AND VINAIGRETTE



**prep time: 10 cook time: 15 servings: 4**

## INGREDIENTS

12 oz. penne (or other pasta shapes)  
6 oz. fresh green beans, trimmed and halved  
4 Tablespoons olive oil, divided  
3 Alaska Salmon fillets (4 oz. each)  
Finely grated zest and juice of 1 lemon  
1 Tablespoon fresh thyme leaves  
Salt and Freshly ground black pepper  
Lemon wedges and sprigs of thyme, for garnish

## DIRECTIONS

Cook the pasta in boiling water for about 10 minutes, or according to package instructions, until al dente. Add the green beans to the water during the last 3 to 4 minutes of cooking time.

Drain pasta and beans, reserving 2 tablespoons of the cooking liquid, then return pasta, beans and reserved liquid to the pan. Add the lemon zest, juice, thyme leaves and the remaining olive oil.

While pasta cooks, rinse any ice glaze from frozen Alaska Salmon under cold water; pat dry with paper towel. Heat a heavy nonstick skillet over medium-high heat. Brush both sides of salmon with 1 tablespoon oil. Place salmon in heated skillet and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking.

Turn salmon over; cover pan tightly and reduce heat to medium. Cook an additional 6 to 8 minutes for frozen salmon or 3 to 4 minutes for fresh/thawed fish. Cook just until fish is opaque throughout.

Break salmon into large chunks (removing skin, if any); add to pasta. Cook and stir gently over medium heat for 1 to 2 minutes. Season to taste with salt and pepper. Garnish with lemon wedges and thyme sprigs.

Cook's tip: Sprinkle a few capers over the finished dish.

Photo by Steve Lee



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