

Recipe

Fisherman Finley's pasta

For a family of 4

Our fisherman finley's pasta is a deep rich tomato sauce with black olive, fennel and parsley, taking loose inspiration from Italian puttanesca. Tossed with macaroni and pieces of salmon fillet, then brightened with a squeeze of lemon and a splash of red wine vinegar, it's a dish that's hearty, fresh, and just the right amount of zingy.



Ingredients

2 salmon fillets
4 portions of dried pasta
glug of cooking oil
150g red onion - diced
3 garlic cloves - crushed
small pinch of chilli flakes

1 tsp of ground fennel
1 tsp of ground fennel
1 tsp of dried oregano
½ tsp of ground black pepper
60g of black olive tapenade
70g of drained black olives - sliced

690g of tomato passata
juice of half a lemon
splash of red wine vinegar
½ bunch of parsley - chopped

Method

Cook dried pasta according to packet instructions

Put salmon on a lined baking tray and cook in oven at 160°C for 15 minutes until just cooked

Add cooking oil into a wide based pan on a medium heat

Add diced fennel and onion to pan and caramelize gently for 15 minutes until soft and golden

Add garlic, chilli, ground fennel, dried oregano, black pepper, black olive tapenade and drained sliced black olives and mix, gently cooking for a few minutes

Add tomato passata and mix to incorporate, gently simmering for 15 -30 minutes until lightly thickened

Add lemon juice, vinegar and chopped parsley

Mix cooked pasta through (add a splash of pasta water if needed)

Serve with pieces of salmon fillet either on top or flaked and mixed through

Serve with crusty bread and butter

Please note: This recipe is correct at the time of publication on 19/08/2025. As we are continuously improving our recipes, it is essential to check the label on the dish packaging.

Nutritious delight with every bite

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