

Salmon and Sundried Tomato pasta Alfredo

ingredients:

8-12 ounces cappalleni pasta (angel hair)
1 1/2 ~~tbl~~ Tablespoons butter
1 cup cream
1 1/2 cups half + half
1 cup parmesan/romano cheese
3 cloves minced garlic
salt + pepper to taste
2 dashes of nutmeg
1 heaping teaspoon of dill
3 Tablespoons chives, minced
1 yellow onion, diced
2 pounds wild-caught, boneless salmon filets
approx 1 cup dehydrated sundried tomatoes (or to taste)

directions:

in a medium saucepan on medium heat, melt butter and sauté minced garlic. cook until lightly browned and fragrant (~2 minutes). add cream, half & half, and parmesan cheese. stir well with a wooden spoon. while stirring constantly, bring sauce to a boil. remove sauce from heat and add dill, nutmeg, and salt & pepper. stir until combined. set aside on low heat (stirring occasionally).

in a deep soup pot, prepare pasta according to package directions.

meanwhile, in a nonstick skillet, sauté diced onions in 1 tablespoon olive oil on medium-high heat until almost translucent. push onions to the outer-edges of the pan to make room for salmon filets. cook filets on each side until golden brown and fish flakes with a fork. reduce heat to medium-low. add sundried tomatoes, chives, and half of the alfredo sauce to the skillet. stir until combined.

toss cooked pasta with remaining alfredo sauce. serve in bowls, topped with salmon and sundried tomato alfredo sauce. garnish with whole chives, additional parmesan cheese, and salt & pepper.

store any leftovers in an airtight container. when reheating, portion into bowls, and add one tablespoon of water before reheating. toss well and garnish.