

Salmon & Lemon Bucatini

with Brussels Sprouts & Toasted Breadcrumbs

This pasta dish highlights a deliciously well-balanced flavor pairing: rich, buttery salmon and earthy Brussels sprouts. Our chewy bucatini pasta features flaked, pan-seared salmon fillets and Brussels sprout leaves sautéed with aromatic shallot and garlic. To accompany these sophisticated flavors, we're making an easy, gourmet sauce using luscious, silky crème fraîche, a little butter and lemon juice. A crunchy toasted breadcrumb garnish completes this impressive seasonal dinner.



Ingredients

- 2 Skin-On Salmon Fillets
- 6 Ounces Bucatini Pasta
- 3 Ounces Brussels Sprouts
- 3 Cloves Garlic
- 1 Lemon

Knick Knacks

- 2 Tablespoons Butter
- 2 Tablespoons Crème Fraîche
- 1 Shallot
- ¼ Cup Panko Breadcrumbs

Makes 2 Servings

About 700 Calories Per Serving

Prep Time: 10 min | Cook Time: 15 to 25 min

1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Cut off and discard the stem ends of the Brussels sprouts. Pick off and reserve the Brussels sprout leaves until you reach the lighter cores; discard the cores. Peel and mince the garlic. Peel and thinly slice the shallot. Using a peeler, remove the rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon.

2



Cook the pasta:

Add the **pasta** to the pot of boiling water. Cook 6 to 8 minutes, or until al dente (still slightly firm to the bite). Reserving **½ cup of the pasta cooking water**, drain the cooked pasta thoroughly. Set aside in a warm place.

3



Toast the breadcrumbs:

While the pasta cooks, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **breadcrumbs** and toast, stirring frequently, 1 to 2 minutes, or until golden brown; remove from heat and season with salt and pepper to taste. Transfer to a bowl. Wipe out the pan.

4



Cook & flake the salmon:

While the pasta continues to cook, pat the **salmon** dry with paper towels; season the skinless sides with salt and pepper. In the pan used to toast the breadcrumbs, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned salmon, skin sides down. Cook 2 to 3 minutes per side, or until browned and cooked to your desired degree of doneness. Transfer to a bowl. Using a fork, flake into small pieces; discard the skin. Wipe out the pan.

5



Cook the vegetables:

In the pan used to cook the salmon, heat 2 teaspoons of olive oil on medium-high until hot. Add the **shallot, garlic and Brussels sprouts**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the shallot and garlic have softened and the Brussels sprouts are bright green.

6



Finish the pasta & serve your dish:

To the pan of vegetables, add the **cooked pasta, flaked salmon, butter, crème fraîche, lemon zest, half the reserved pasta cooking water and the juice of all 4 lemon wedges**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until thoroughly combined. (If the sauce seems dry, gradually add the remaining pasta cooking water to achieve your desired consistency.) Remove from heat; season with salt and pepper to taste. Divide the **finished pasta** between 2 dishes. Garnish with the **toasted breadcrumbs**. Enjoy!