

# Low FODMAP Creamy Pasta with Smoked Salmon, Lime & Dill

Serves: 4

Prep: 10 minutes

Cook: 25 minutes



Ingredients	Metric	Imperial
1 packet of gluten free pasta	350 g	12.3 oz
1 tbsp garlic-infused olive oil	18 g	0.6 oz
Oyster mushrooms, thinly sliced	150 g	5.3 oz
1 lime, zest and juice		
Smoked salmon pieces	250 g	8.8 oz
4 cups baby spinach	200 g	7 oz
Low FODMAP chicken stock	250 g	8.8 oz
1 tbsp cornflour	10 g	0.4 oz
Full-fat milk (lactose-free if required)	250 g	8.8 oz
1 large bunch of dill, finely chopped	16 g	0.6 oz
Finely grated pecorino cheese, to serve		

## Method

1. Cook pasta according to packet directions, drain. Toss through a little olive oil to stop the pasta from sticking together then set aside.
2. In a large pan, heat oil over medium to high heat. Add oyster mushrooms and saute for 1-2 minutes until soft.
3. Add lime zest, lime juice, smoked salmon pieces, baby spinach leaves and chicken stock to the pan. Stir until baby spinach leaves begin to wilt and the sauce has reduced slightly.
4. In a separate bowl or jug, add cornflour to milk and whisk until dissolved. Then, slowly pour milk into the pan while stirring continuously.
5. Finally, add cooked pasta and dill to the sauce. Toss until pasta is evenly coated in sauce and the sauce has thickened.
6. Divide pasta between bowls and sprinkle with grated pecorino cheese to serve.

Nutrition Information (per serve)	
<b>Energy</b>	1875 Kj / 448 cal
<b>Protein</b>	25.30g
<b>Carbohydrates</b>	52.70g
<b>Sugar</b>	4.70g
<b>Total Fat</b>	15.60g
<b>Saturated Fat</b>	3.40g
<b>Fibre</b>	3.90g