



CLONAKILTY

**PENNE PASTA SALAD WITH ROASTED MEDITERRANEAN
VEGETABLES & CAJUN SALMON**





Penne Pasta Salad with Roasted Mediterranean Vegetables & Cajun Salmon

Recipe by Chef Edward Hayden

Ingredients

- **Cajun & Lime Salmon**
- 4 darnes of Salmon
- 1 teaspoon Cajun spice
- 3 tablespoons Irish Yogurts Clonakilty Fat Free Natural Live Yogurt



- **Penne Pasta Salad**

- 12oz/350g penne pasta
- 1 red pepper
- 1 green pepper
- 1 yellow pepper
- 1 courgette
- 1 box cherry tomatoes
- 1 red onion
- 2 tablespoons of basil pesto
- 2 tablespoons Irish Yogurts Clonakilty Fat Free Natural Live Yogurt
- 1oz/25g grated parmesan cheese

Directions

- **For the Salmon**

- Mix the Cajun spice, lime zest and yogurt together in a bowl. Add the salmon dardes, gently massaging the yogurt marinade into the salmon. Leave to marinade for at least 30 minutes but up to 2 hours if time allows
- Preheat the oven to 190°C/375°F/Gas Mark 5. Line a baking tray with parchment paper
- Once the salmon has marinade place it skin side down on the baking tray. Bake in the preheated oven for 15-20 minutes until the salmon is completely cooked though and then serve immediately with the delicious salad.

- **For the Pasta Salad**

- Bring a large saucepan of salted water to the boil. Plunge the pasta into the boiling water and boil according to the packet instructions. When the pasta is cooked strain into a large colander and leave it under cold running water until the pasta has completely cooled down. This process is known as blanching and refreshing. Retain it until required
- Meanwhile cut the vegetables into even sized bite size portions and spread out on a baking tray. Season with a little salt and pepper, drizzle with a little oil and place in the oven and roast for 20-25 minutes or until all of the vegetables have softened completely. Allow the vegetables to cool
- Mix the roasted vegetables and the chilled pasta together. Mix in some seasoning, the yogurt and the basil pesto and stir until the pesto has completely coated all of the vegetables
- Arrange in a large serving bowl and scatter with the grated parmesan cheese. Garnish with a sprig of fresh basil or as required and serve alongside the Cajun roasted salmon