



BROCCOLINI® baby broccoli Salmon Pasta ala Mann's

Servings

4

Calories

730

Prep Time

10 minutes

Total Time

20 minutes

Skill Level

Easy

Ingredients

3 cups Mann's BROCCOLINI® baby broccoli

1 cup salmon fillet, cooked

1 (8 ounces) package fettuccine noodles, uncooked, broken in half

1 package Alfredo or Parmesan cream sauce

¼ cup red onion, chopped

2 tablespoons green bell pepper, chopped

2 clove garlic, minced

3 tablespoons bacon, cooked and crumbled (optional)

4 tablespoons butter or margarine, divided

½ cup milk, evaporated

½ cup water

salt and pepper to taste



The Method

Cook fettuccine noodles according to package instructions; drain and set aside. In large skillet, sauté BROCCOLINI® baby broccoli, bell pepper, onion and garlic in 2 tablespoons of butter until vegetables are crisp-tender.

In large saucepan, combine milk, water, salt, pepper, the other 2 tablespoons of butter and sauce packet; mix well. Cook over medium heat until sauce thickens. Add salmon and heat through. Add fettuccine noodles; toss well. Add sauce and toss gently to coat. Sprinkle with bacon, if desired.



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Nutrition Facts

Serving Size: 469g | Servings: 4

Amount Per Serving

Calories 730 | Calories from Fat 330 | Total Fat 37g (sat fat 18g trans 0.5g) | Cholesterol 170mg | Sodium 1180mg | Total Carbohydrate 62g | Dietary Fiber 10g | Sugars 13g | Protein 35g | Vitamin A 35% | Vitamin C 150% | Calcium 35% | Iron 20%