

## Pesto Spelt Pasta and Grilled Salmon

100g of dairy free pesto

2 salmon fillets ( wild court )

250gm uncooked Wholemeal spelt ( wheat free ) or buckwheat pasta (gluten free )

100g of baby spinach

1 onion finely diced

1 small head of broccoli cut into small trees

3 tbsp of pine nuts

Macadamia oil for cooking

Pre-heat a moderate oven.

Cook the pasta by heating a large saucepan with water and a little Himalayan pink salt till it is al dente.

Place the salmon in a casserole dish or baking tray and rub with macadamia oil and then massage in some sea salt and bake in the oven for 12min-15min.

Place 2 tbsp of macadamia oil in a heated large fry pan with high sides. Then fry the onion, add the pine nuts and cook till a little brown.

Steam the broccoli separately, putt the broccoli on about 5-10min before the pasta is ready.

Once pasta is cooked strain and place in the pan with onions and pine nuts. Add in the cooked broccoli and then mix the pesto through.

Remember to keep an eye on the salmon.

Just prior to serving add in the baby spinach leaves and mix through and cook for about 1-2 minutes

Place palm size pasta serve on the plate and then sit the salmon on top and serve.