

**Pesto Salmon
with Noodles**



Garth McCollgan

“Baked salmon and basil beauty”



“This is a light and tasty offering all fans of fish will find fantastic. The pinkness of the salmon contrasts beautifully with the lush, green pesto topping and slim-sliced carrots. There’s a touch of Oriental character about it, but the wine, cream and shallots make their Irish mark. And the most beautiful thing of all? It’s quick and easy to prepare, plus it’s all ready to serve in one after a short spell in the oven!”

*Garth
McCollgan*

Deliciously delicate, light and easy

Tender pink salmon with basil, carrots and noodles



Perfect with...

Tierra del Sol Reserva Chardonnay

From the sun-caressed Casablanca Valley, this dry, soft and creamy white is a joy with poultry, fish and pasta dishes or a delight sipped on its own.

€8.99

75cl,
€8.99 per 75cl

Great
value

Garth McColgan

Pesto Salmon with Noodles

Ingredients (Serves 4)

- 1 pack Wild Pink Salmon, frozen
- 1 pack Chinese Medium Noodles
- 4tbs Pesto
- 100ml Cream
- 50ml White Wine
- 2 Carrots, finely sliced
- 4 Cloves Garlic, finely sliced
- 4 Shallots, finely sliced
- A few Fresh Basil Leaves



Garth's top tip

When you're buying shallots, make sure they're firm and heavy with a dry wispy skin. If you store them in a cool, dark and dry place, they should keep for a couple of months. However, it all depends upon how much moisture is contained in the onion – the dryer and harder the onion, the longer it will last.

Method

1. Cook the noodles, according to the pack instructions, and chill under cold, running water.
2. Lay the carrots, garlic and shallots on the bottom of a baking dish and pour on the cream and white wine. Season with a little salt.
3. Lay the noodles on top of the vegetables and top with the four salmon fillets.
4. Smear 1tbs of pesto on each piece of salmon; cover the dish with tinfoil.
5. Bake in a pre-heated oven at 200°C for 40 minutes.
6. To serve, simply scatter some basil leaves on top.



Wild Salmon, tame prices!

"This week's super Wild Salmon and noodle bake is tasty enough on its own. But when you consider just how little it costs to make using Aldi ingredients, its appeal gets more delicious by the second. Catch the lot in your local store."

Pesto Salmon with Noodles



Gareth McColligan



Wild Pink Salmon Fillets

€3.99
PER PACK

400g, €9.98 per kg



Chinese Medium Noodles

89c PER PACK

250g, €3.56 per kg



Specially Selected Pesto

€1.45
EACH

190g, €7.63 per kg



Fresh Cream

€2.19
EACH

500ml, €4.38 per litre



Carrots

99c PER PACK

1kg, 99c per kg



Shallots

89c PER PACK

250g, €3.56 per kg



Garlic

75c PER PACK

250g, €3.00 per kg



Basil Leaves

€1.19
PER PACK

25g



Soave Italian White Wine

€5.25
EACH

75cl, €5.25 per 75cl