

## Harnett's Oils Seafood Recipes

### Lemon Thyme Salmon with Tagliatelle

Serves 4

#### **Ingredients:**

- 140ml Harnett's Lemon and Thyme Rapeseed Oil
- 375g Tagliatelle
- 1 small Fresh Red Chilli (deseeded and finely chopped)
- 50g Drained Capers
- 1 ½ Tbsp Lemon thyme leaf tips
- 500g Salmon darns/ steaks (cut into 3cm cubes)
- 60ml Lemon Juice
- 1 Tbsp grated lemon zest
- 30g Chopped fresh flat leaf parsley

#### **Method:**

1. Cook the tagliatelle in a large saucepan of rapidly boiling salted water until al dente. Drain and then return to the pan
2. Meanwhile, heat 1 tbsp of the oil in a large frying pan. Add the chilli and capers, stirring for 1 minute or until the capers are crisp. Add the thyme and cook for another 1 minute. Transfer to a bowl.
3. Heat another tbsp of oil in the pan. Add the salmon cubes and toss around the pan for 2-3 minutes or until evenly browned on the outside but still pink in the centre. Remove from heat.
4. Add the salmon to the caper mixture along with lemon juice, lemon rind, parsley and the remaining oil, stirring gently until combined.
5. Add to the pasta, season with black pepper and serve immediately.