



# WHOLEGRAIN SPAGHETTI WITH SMOKED SALMON AND GRAPES

**1.** Fill a large pan three quarters full with water. Add a big pinch of salt and set on high heat to boil. When the water is boiling, add the pasta and cook to instructions on packet, usually 6 to 8 minutes. Squeeze the lemon over the salmon and leave to take the flavour.

**2.** In a small frying pan, add a little oil, the fine chopped garlic, shallot and chopped chilli or chilli-flakes and fry gently while the pasta cooks. Add a little salt. After a few minutes add the chopped tomato and cook a few minutes more.

**3.** Drain the pasta and combine with the sauce and serve with slices of smoked salmon. Top with halved grapes and a sprinkle of toasted sunflower seeds. Enjoy!

**PREP** 10 mins - **COOK** 10 mins

**INGREDIENTS:** for 2 people

- 300g wholegrain spaghetti
- 1 piece of garlic
- 1 shallot or small onion
- 100g smoked salmon
- 1 lemon
- A big juicy fresh tomato or ½ can chopped tomatoes
- Olive oil
- 1 small chilli or some chilli flakes

**LOVE HEART FOOD**

