



Pappardelle with salmon in a cream dill sauce

and fennel



2 Portionen

- 250g frische Lasagneblätter ^{1,3}
- 1 Schalotte
- 1 Fenchelknolle
- 1 unbehandelte Zitrone
- 10g Dill
- 1 MSC-Lachsfilet, aufgetaut ²
- 1 Pck. Hühnerbrühwürz
- 200ml Kochsahne ⁴

- 1¼g Salz und Pfeffer
- 1¼g Zucker
- 15ml Olivenöl

- mittelgroßer Topf
- mittelgroße Pfanne
- Küchenreibe
- Zitruspresse
- Sieb

Allergene

Eier (1), Fisch (2), Gluten (3), Milch (4).
Kann Spuren von anderen Allergenen
enthalten.

Energie 714kcal, Fett 29.3g,
Kohlenhydrate 81.6g, Eiweiß 29.4g



Bring enough salted water for the pasta to a boil in a medium-sized pot. Halve, peel and finely dice the shallot. Cut the fennel in half and remove the core, then thinly slice the fennel lengthwise. Halve the lemon and zest and juice 1 lemon half. Pluck the sprigs off the dill and slice it finely, leaving some leaves aside for garnishing.



Deglaze the pan with 1½Tbsp lemon juice and season with the lemon zest, ½tsp of the broth powder, a large pinch of sugar and a pinch of salt and pepper. Add ½ of the cooking cream to the pan and let simmer on low heat to reduce.



Pat the fish dry and remove the skin and any bones. In a medium-sized pan on medium-high heat, fry the fish with ½Tbsp of olive oil for 3min. until browned, without disturbing, using a spatula to press down on the filets. Flip, season with a pinch of salt and pepper. Again, use a spatula to press down on the fish and flake it into chunkier pieces. Cook for another 2-3min. Set aside on a plate.



Cut the lasagne sheets lengthways into 2,5cm wide strips. Add them to the boiling water and cook for ca. 5min. until they are al dente. Scoop out a cup of cooking water, then drain the pasta in a sieve.



To the same pan, add another ½Tbsp of olive oil and let get hot, then add the fennel. Fry for 2-3min. on medium-high heat until it softens. Then add the shallots and continue to fry for 1-2min. until translucent.



Add the pasta, the salmon and the dill to the pan with the sauce and toss to combine. Add cooking water to your desired consistency. Season to taste with salt and pepper. Serve the pasta garnished with the reserved dill sprigs.