

DILL MUSTARD PASTA WITH SALMON

16 oz fresh salmon fillet
1 bottle clam juice
1 package stir fry noodles - in produce Asian section
4 oz arugula
2 T olive oil
2 T lemon juice
1 T whole grain mustard
1 T capers, rinsed
2 T chopped dill
2 T chopped flat-leaf parsley
2 chopped fresh Roma tomatoes - or equivalent for garnish
cracked black pepper

In your 4.2 ltr **freshvac**TM container, place salmon filet face down in the clam juice. Poach in microwave @ 50% power for 3-5 minutes depending on thickness of filet. Try not to overcook. Set salmon aside on a plate to cool. Clean and dry container.

Note: Microwave power and container size may vary cook time.



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Container Size: 4.2 ltr

Serves: 4

Prep Time: 15 minutes

Cook stir fry noodles in package according to instructions. Remove skin from salmon. Break into large chunks. Lay on top of noodles in **freshvac**TM container. Whisk together remaining ingredients, except for arugula, until emulsified. Pour over salmon and noodles. Place crisper tray over salmon mixture and lay arugula on top. Refrigerate until ready to serve.

May be done up to a day in advance. When ready to serve, remove crisper tray with arugula. Microwave pasta and salmon @ 50% power for 3-5 minutes. Shake to combine. Add arugula to hot pasta, close container and shake again until well combined and arugula is wilted. Add cracked pepper to taste.