

Salmon and Leek Pasta Bake

Ingredients

350g penne

1 tbsp olive oil

250g frozen sliced leeks

2 garlic cloves, crushed

100g soft cheese

100ml milk

250g frozen peas

418g tin pink salmon, drained, bones and skin removed, flaked into chunks

10g fresh flat-leaf parsley, finely chopped

100g lighter grated mature cheese



Method

1. Preheat the oven to gas 6, 200°C, fan 180°C. Bring a large pan of boiling salted water to the boil and cook the penne for 2 mins less than the pack instructions; drain well.
2. Meanwhile, heat the oil in a large frying pan over a medium-high heat. Add the leeks and cook for 8-10 mins until softened. Add the garlic and fry for 1 min.
3. Reduce the heat to low and stir in the soft cheese, followed by the milk. Season well, then fold in the peas, salmon and most of the parsley. Cook for 2 mins until the peas have defrosted.
4. Transfer to a deep 25 x 35cm baking dish and stir through the penne. Scatter over the cheese and bake for 15-20 mins until golden and bubbling. Scatter with the remaining parsley to serve.