

SUMMER SMOKED SALMON & CHARD SPAGHETTI

This dish cooks quite quickly so it is best to have all the ingredients ready to add to the pan before beginning to cook. You can combine onion, fennel & pepper together but keep the chard & tomato separate as these will go in at slightly different times. The smoke, oil & salt of smoked salmon all work together to balance the astringency of Swiss Chard and work wonderfully as a pasta dish with summer tomato and bell pepper. Styles and brands of smoked salmon vary greatly, so 10 ounces should be enough to flavor the dish, but up to a pound can be used. If the chard flavor is too pronounced for your liking, a sprinkle of smoked salt could help balance things out as well.

Ingredients

10 or more ounces
Smoked Salmon

1 Pound Spaghetti or
other long noodle

2 small Peppers, Bell or
other variety, sliced
thinly

½ large Candy Onion,
sliced thinly

1 medium Fennel,
sliced thinly

2 large Heirloom
Tomatoes, about 10
ounces each

1 bunch Swiss Chard

1 Cup Heavy Cream

¼ Cup Olive oil

1 2 teaspoons Sea Salt

Parmesan Cheese for
grating

Freshly ground Black
Pepper

Directions

Cook spaghetti according to package directions, rinse with cold water and then toss with 2 Tablespoons olive oil.

Remove stems from chard and reserve for another use. Slice chard leaves into ¼ - ½ inch wide strips and set aside.

Chop tomatoes into large dice and set aside.

Heat a large sauté pan over medium-high and pour in 2 Tablespoons olive oil.

When oil is hot, add onion, fennel & peppers and cook until slightly golden at the edges and translucent, about 3 minutes. Add chopped tomatoes and stir gently.

Crumble salmon on top of tomatoes to begin heating through. After a minute, gently stir mixture evenly and then add sliced chard leaves. Allow chard to wilt for a minute and then begin to stir all ingredients together.

When chard has wilted into the sauce, pour in cream and cook for a further minute or so. Add pasta to the sauce and season with salt starting with just one teaspoon.

Divide pasta among 4 bowls and then spoon over remaining ingredients and sauce, then top with grated parmesan cheese and freshly grated pepper.