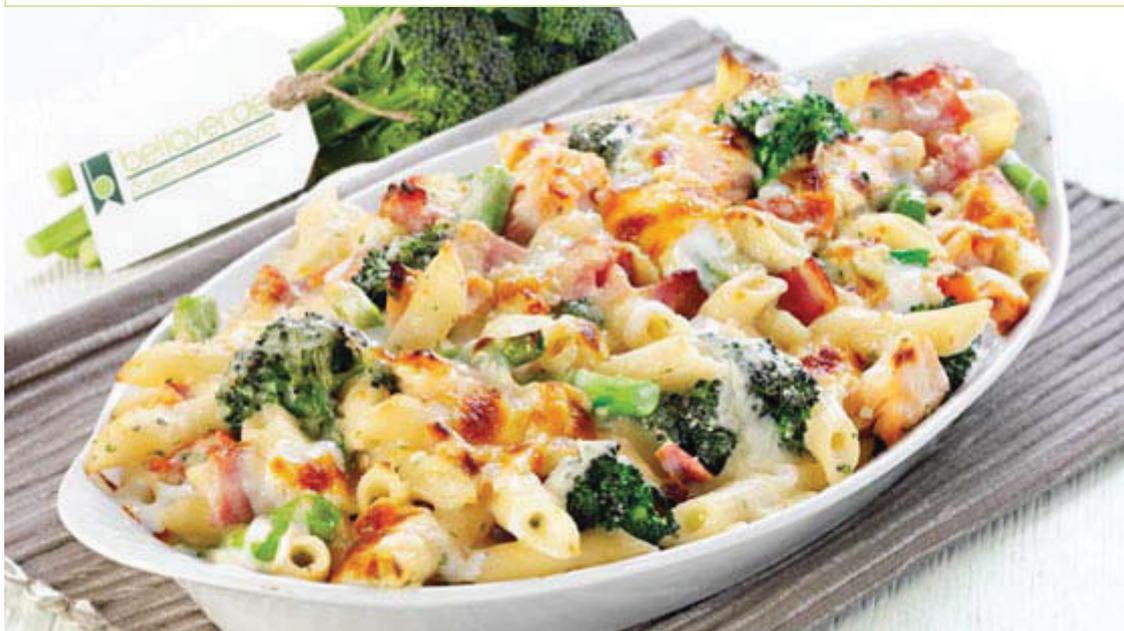




## Beautiful bellaverde® Broccoli Bake

**Difficulty:** Easy   **Prep:** 15 mins   **Cook:** 50-60 mins   **Servings:** 6



### INGREDIENTS

- 300g penne pasta
- 200g bellaverde® broccoli
- 2 skinless salmon steaks weighing 175g each
- 450ml milk
- 3 rashers of smoked back bacon, chopped
- 25g butter
- 4tbsp plain flour
- 25g grated Parmesan
- zest of 1 lemon
- 6 sun dried tomatoes, drained and chopped
- a handful of chopped parsley
- 8-10 basil leaves
- 50g grated cheddar
- season with salt and pepper to taste

### METHOD

1. Preheat the oven to 200oC/Fan 180oC/400oF/Gas Mark 6. Cook the pasta in a large pan of boiling salted water for 10-12mins or according to packet instructions. Steam the bellaverde® broccoli until just tender - about 4 mins.
2. Cook the salmon: place the fillets in a non-stick frying pan, cover with the milk and slowly bring to the boil. Simmer for 8 mins or until the fish has turned opaque. Use a fish slice to transfer the salmon to a plate, reserve the milk.
3. Rinse out the pan, add the bacon and sauté for 5 mins or until crispy, set aside. Melt the butter in the same pan and then add the flour and whisk until smooth. Slowly add the reserved milk whisking the whole time, bring to the boil, simmer for 1 minute.

4. Remove the sauce from the heat, stir in the parmesan, lemon zest and sun dried tomatoes. Flake the salmon. Season to taste.
5. Drain the pasta, return to the pan, add the salmon, bellaverde®, herbs, bacon and cheese sauce and mix it well. Spoon into a 1.7ltr shallow ovenproof dish, sprinkle over the grated cheddar and bake for 25-30mins or until golden and crisp on top.

**Per Serving:** 478 calories, 29g protein, 47.8g carbohydrate, 20.3g fat, 8.06g saturated fat, 3.46g fibre, 1.36g salt

[www.bellaverde.co.uk](http://www.bellaverde.co.uk)

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