

# Meal Card:

## WATERCRESS AND SALMON PASTA

*This attractive pasta recipe makes an ideal spring or summer supper dish that's great for entertaining. Salmon and watercress compliment each other beautifully in this delicious and healthy main course, which is VERY nutritional*

### Ingredients:

- 350g/12oz penne pasta
- 4 x 75g salmon fillets
- 1 x 200ml tub crème fraiche
- Zest and juice of 1 lemon
- 2tsp pesto sauce
- 1 x 85g bag watercress, roughly chopped
- Salt and freshly ground black pepper



Information:

Serves: 4

Prep time: 5 mins

Cooking time: 20 mins

Total time: 25 mins

Skill level: Easy Peasy

Costs: Mid-price

### ***Nutritional Information:***

Calories: 643 (kcal)

Fat: 30.7g

Saturates: 15.1g

Salt: 0.5g



# Meal Card:

## Rice Pudding SURPRISE

*This attractive Rice Recipe makes an ideal Autumn or Winter Dessert dish that's great for entertaining. Rice Pudding works beautifully in this delicious and healthy dessert, which is VERY nutritional*

### Ingredients:

- ¼ cup short-grain rice for risotto, such as Arborio
- 2½ cups whole milk
- 3 tbsp sugar
- 1 tbsp butter, plus more for the dish
- Pinch of ground cinnamon or freshly grated nutmeg



### *Nutritional Information:*

Calories: 180 (kcal)

Information:

Serves: 6

Prep time: 5 mins

Cooking time: 2-2 half  
hours

Total time: 25 mins

Skill level: Easy Peasy

Costs: Low-price

