

Treasure Barrel

Canned Salmon Pasta: Quick Cozy Meal

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz canned salmon, drained and flaked
- [ ] 12 oz spaghetti or linguine
- [ ] 1 cup heavy cream
- [ ] 2 tbsp olive oil
- [ ] 2 cloves garlic, minced
- [ ] Zest of 1 lemon
- [ ] 2 tbsp lemon juice
- [ ] ¼ cup grated Parmesan cheese
- [ ] 2 tbsp fresh parsley, chopped
- [ ] Salt and freshly ground black pepper to taste

Optional Add-Ins

- [ ] ½ cup frozen peas
- [ ] ¼ cup toasted pine nuts
- [ ] A pinch of red pepper flakes

Instructions

1. Bring a large pot of salted water to a boil; add the pasta and cook until al dente, about 9-10 minutes. Reserve ½ cup of the pasta water, then drain.
2. While the pasta cooks, heat olive oil in a large skillet over medium heat. Add the minced garlic and sauté until fragrant, about 30 seconds—watch carefully so it doesn't brown.
3. Stir in the heavy cream, lemon zest, and lemon juice. Lower the heat and let the sauce gently thicken, stirring occasionally. If you prefer a richer flavor, dip into the creamy shrimp inspiration for a velvety finish.
4. Add the flaked salmon, cooked pasta, and reserved water to the sauce. Toss gently to coat, allowing the salmon to warm through without breaking apart. Season with salt, pepper, and a pinch of red pepper flakes if using.
5. Remove from heat, stir in Parmesan and fresh parsley. Serve immediately, garnished with extra lemon zest and a drizzle of olive oil. For a variation, check out salmon patties for a crunchy companion.

Nutrition per serving

420 kcal	24 g	38 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce seems thick, thin it with a little more pasta water or broth.
- Taste before adding extra salt; the canned salmon already adds brine.
- For extra brightness, finish each plate with a tiny squeeze of fresh lemon.