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## Market Sauté of Salmon

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1½ lbs	salmon filet, skinned and cubed 1" (2.5 cm)	750 g
1/3 cup	sundried tomatoes in oil, slivered	75 mL
1 Tbsp	oil from sundried tomatoes	15 mL
2	garlic cloves, minced	2
1 cup	sliced mushrooms	250 mL
½	bunch asparagus, cut into 1" (2.5 cm)	½
½ cup	slice green onion	125 mL
¼ cup	chopped parsley	50 mL
	salt and freshly ground pepper, to taste	
6 cups	cooked penne pasta	1.5 L

- 1 Heat a large non-stick skillet over medium-high heat, add sundried tomatoes, oil, and garlic, and sauté for 1 minute. Add the mushrooms and asparagus and cook, stirring often, for 2-3 minutes
- 2 Add salmon and green onion; sauté another 5-7 minutes
- 3 Stir in parsley and add salt and pepper to taste. Serve over hot pasta

**Preparation time:** 15 minutes

**Cooking time:** 15 minutes (including pasta)

**Serves:** 4-6