

Easy, delicious and nutritious!



MARINARA PASTA

Prep time
15 mins

Cook time
15 mins

Serves
4



RICH IN PROTEIN



RICH IN FIBRE



GREAT FAMILY MEAL



Join passionate foodie and pancreatic cancer survivor Tino, as he cooks his favourite, nutritious meals in the PanChef kitchen.

pancare.org.au/panchef

MARINARA PASTA

INGREDIENTS

- 500 grams pasta lenticchie (red lentil pasta)
- 400 grams of diced fresh salmon pieces
- 200 grams of calamari pieces
- 12 muscles
- 8 scallops
- 1 bird's eye chili
- 2 tablespoons of chopped dill
- Olive oil
- 2 garlic cloves
- 100 ml of fish stock
- Splash of white wine

METHOD

Cook the pasta until al dente.

In a large fry pan add 3 tablespoons of olive oil and 2 chopped garlic cloves. Cook for 2 minutes, then add 400 grams diced salmon and cook for 1 minute.

Add the muscles, scallops, calamari and chili to the pan, toss for another 2 minutes. Then add a splash of wine, fish stock, 2 tablespoon of chopped dill and cook for another 2 minutes.

Add in the cooked pasta and stir for 1 more minute and serve.

Handy dietary tips

- Some seafood may not be to your taste or be challenging to digest. You may like to change the seafood component to suit your palate and nutritional requirements.
- Trying different foods and flavours, such as using red lentil pasta, may be helpful when you are experiencing changes in taste and smell due to treatment.



Disclaimer: Please speak with your treating team or PanCare about referral to a Dietitian for further dietary information and advice. Information provided by PanCare Foundation is not a substitute for medical advice, diagnosis, treatment or other health care services.