

Sunny Pasta

By Gwen Leow

Ingredients

- 1) Peel 1 small carrot, wash well and slice it into 3cm stick pieces
- 2) Rinse broccoli and cut a portion of it (around 4 floret for one serving) into small bite size pieces
- 3) Prepare 150g salmon, rinse well
- 4) Mince 1 clove of garlic and slice half of 1 fresh bird eye chilli

Directions

- Boil water in pot then add pasta, carrots and broccoli together for around 8 mins or until soft. Use a sieve to remove and place at one side to cool down slightly.
- Repeat step 5 but with salmon. Once done, place boiled salmon skin up on aluminium foil with olive oil, black pepper and a pinch of salt into air fryer for 3 mins.
- Place egg in boiling water for 7 mins. Peel egg once done.

Assembling time

- Mix minced garlic and chilli into pasta. Top it with cashew nuts for extra crunch. Gently place salmon and egg on top of pasta. Add some red peppers on salmon skin.
- Add a full tea spoon of miso paste into a separate small container. To add hot water and mix well when approaching meal time for miso soup.

