

Gluten Free 'Upscale' Salmon Noodle Casserole



INGREDIENTS:

2 small Salmon filets - wild line caught is my preference
1/4 cup diced red onion (or whatever type of onion you have on hand)
4 - 6 oz. of fresh mushrooms - I had some nice shiitakes, sliced
1 1/2 cup fresh peas
1 handful of cherry tomatoes, quartered
2 TBS. Olive Oil
1/2 cup white wine
4 TBS. Butter
1 cup non-dairy milk - I used almond milk
1 16 oz. package pasta - I used Organic Gluten Free bionaturae brand
Sea Salt and LOTS of cracked Black Pepper

DIRECTIONS:

Bring a large pot of salted water to a boil and cook your pasta according to package directions. Drain when done.

Meanwhile, in a large saute pan, add in olive oil and onions and saute over med-high heat.

Then add in your sliced mushrooms.

Add in your peas.

Then add in the wine, and place the salmon into the pan, pushing veggies away.

Cook the Salmon for about 2 minutes per side, then remove from the pan.

Add in your butter to the veggie mixture allowing it to melt, creating a 'sauce'

Add in the tomatoes

FLAKE your Salmon and add it back in.

Season with sea salt and LOTS of cracked black pepper.

Pour Salmon Sauce over your pasta, stir to incorporate and serve.