**Recipe Card** 

People with Down Syndrome

# Ingredients

- 1 lemon
- 350g dried spaghetti

pasta

- 250g carton mascarpone
- 150g baby spinach
- 150g smoked <u>salmon</u> slices, torn into large

#### piece





# Directions Step 1

- Use a peeler to cut wide strips of rind off the lemon then thinly slice lengthways into long thin strips.
- Juice the lemon.

## Step 2

- Pour juice and 1.25L (5 cups) water into a large saucepan. Cover.
- Bring to the boil over mediumhigh heat.
- Add pasta, stirring constantly, until water comes back to the boil.



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### Step 3

• Reduce heat to medium.

Down Syndrome New South Wales

- Cook, stirring every 2-3 minutes, for 12 minutes or until the pasta almost al dente. Add mascarpone and spinach.
- Cook, stirring, for 2 minutes or until the pasta is al dente and the mascarpone is melted.
- Remove from heat.
- Set aside for 2 minutes or until sauce thickens slightly.

## Step 4

- Stir in rind and salmon.
- Season and serve.



