






Cooking Made Easy

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Inspired Courgette Fettuccine with Peas and Pesto

A couple of week's ago Patrick sent everyone at The Fresh Farm what he described as the most beautiful cooking video he'd ever seen. In fact he got so excited about it that he flew over to Stockholm last week to hang out with the guys who made it. When he arrived they were in the middle of filming 24 hours of live cooking for a new campaign and that's where he got the idea for this tasty little number. To check out the video that inspired him just search for 'Now You're Cooking' on Youtube.



25 min



family box



spicy



Garlic Clove



Red Chilli



Courgette



Pancetta



Fettuccine



Peas



Basil Pesto



Pecorino Cheese

Ingredients

	2P	4P
Garlic Clove, chopped	-	3
Red Chilli, chopped	-	½ tbsp
Courgette, chopped	-	3
Pancetta 1	-	½ cup
Fettuccine 2	-	400g
Peas	-	½ cup
Basil Pesto 3	-	5 tbsp
Pecorino Cheese 3	-	4 tbsp

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Sulphites | 2) Gluten
3) Milk

Nutrition per serving: Calories: 757 kcal | Protein: 30 g | Carbs: 102 g | Fat: 25 g | Saturated Fat: 8 g



1 Boil a pot of water with ¼ tsp of salt for your pasta. Peel and very finely chop the garlic. Slice the chilli in half lengthways and finely chop as much as you dare. **Tip:** *Our chillis aren't actually that hot but add according to taste.*



2 Chop the very top and bottom from your courgette. Slice the courgette lengthways into strips no thicker than ½cm. Now slice the slices lengthways to make strands less than ½cm thick. **Tip:** *Slice really carefully to get thin linguine-like strands.*



3 Heat 1 tsp of olive oil in a frying pan on medium heat and add the pancetta. After 4 mins turn the heat to low and add the chilli and garlic and slowly cook for a couple of mins. **Tip:** *Make sure the heat is low so you don't burn the garlic.*



4 Meanwhile add the pasta to the rapidly boiling water. Cook for 10 mins or until 'al dente'. **Tip:** *'Al dente' simply means it is cooked through but has a hint of firmness left in the middle.*

5 When the pasta is 2 mins away from being cooked add in the

peas. After 2 mins keep half a cup of the pasta water and drain the pasta and peas.

6 While you are cooking the pasta add the courgette strips to the frying pan with the garlic and chilli, turn the heat to high and cook for a few mins until the courgette slightly softens. Add ¼ tsp of salt and a few good grinds of black pepper. **Tip:** *You want the courgette to stay slightly crunchy so don't overcook it.*

7 Add a couple of tbsp of pasta water to the courgette together with the pesto. Toss everything together then add in the pasta and the peas. Toss all the ingredients together until everything is coated. **Tip:** *Taste for seasoning and add a little more salt and pepper to taste.*

8 Serve into bowls with a healthy sprinkling of pecorino cheese. Now you're cooking!