



Cooking Made Easy

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Inspired Courgette Fettuccine with Peas and Pesto

A few of weeks 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.



20 min



spicy



veggie



healthy



Garlic Clove



Chilli



Courgette



Fettuccine Pasta



Fresh Peas



Veggie Pesto



Veggie Pecorino Cheese

Ingredients

	2P	4P
Garlic Clove, chopped	2	3
Chilli, chopped	½	1
Courgette, sliced	1 handful	2 handfuls
Fettuccine Pasta 1	250g	500g
Fresh Peas	1 pack	2 packs
Veggie Pesto 2	3 tbsp	6 tbsp
Veggie Hard Italian Cheese 2	2 tbsp	4 tbsp

⊕ May feature in another recipe

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

Allergens

1) Gluten | 2) Milk

Nutrition per serving: Calories: 424 kcal | Protein: 15g | Carbs: 47g | Fat: 19g | Saturated Fat: 5g

2



1 Boil a pot of water with ¼ tsp of salt for the 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.*

of black pepper. **Tip:** *You want the courgette to stay slightly crunchy so don't overcook it.*

5



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

6 When the pasta is 2 mins away from being cooked add in the peas. After 2 mins drain the pasta and peas but keep half a cup of the pasta water.

6



3 Heat 1 tbsp of olive oil in a frying pan on low heat. Add the garlic and chilli and slowly cook for a couple of mins. **Tip:** *Make sure the heat is low so you don't burn the garlic.*

7 Add a couple of tbsp of pasta water to the courgette together with the pesto. Mix 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 if needed.*

7



4 Meanwhile add the pasta to the rapidly boiling water. Cook for 5 mins or until 'al dente'. **Tip:** *'Al dente' simply means it is cooked through but has a hint of firmness left in the middle.*

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

5 While you are cooking the pasta add the courgette strands 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

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!