



Cooking Made Easy

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Fresh Basil and Pea Pappardelle with a Greek Spin

People may need passports to travel, but taste knows no borders. Tonight's recipe features pappardelle from our fantastic pasta producer Delverde, from the Abruzzo region of Italy, thrown together with the best Greek feta we could lay our hands on. The secret trick here is to keep a bit of the starchy pasta water to add to the pasta at the end. Italian chefs have used this trick for hundreds of years to help make their silky pasta sauces and ensure the finished result is never dry. Buon appetito!



30 min



family box



spicy



Onion



Garlic Clove



Basil



Pine Nuts



Pappardelle Pasta



Peas



Pancetta



Chilli Flakes



Greek Yoghurt



Feta Cheese

Ingredients

	2P	4P
Onion, diced	-	1 cup
Garlic Clove, diced	-	2
Basil, chopped	-	½ cup
Pine Nuts	-	2 tbsp
Pappardelle Pasta 1	-	450g
Peas	-	2 bags
Pancetta 2	-	2 packs
Chilli Flakes	-	½ tsp
Greek Yoghurt 3	-	½ cup
Feta Cheese, crumbled 3	-	½ cup

⊕ 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) Gluten | 2) Sulphites
3) Milk

Nutrition per serving: Calories: 778 kcal | Protein: 32 g | Carbs: 90 g | Fat: 31 g | Saturated Fat: 14 g

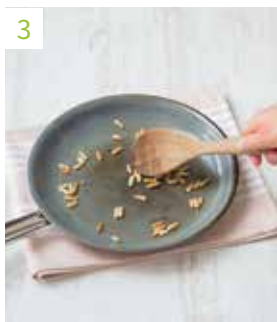
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1 Boil a large pot of water with ½ tsp of salt ready for your pasta.

2 Peel and finely dice the onion. Peel and finely dice the garlic. Roughly chop the basil.

3



3 Toast the pine nuts in a dry pan over a medium heat for a few mins. Watch your nuts like a hawk as they can burn easily.

4 Add the pasta to the boiling water and cook for 7 mins or until 'al dente'. **Tip:** 'Al dente' just means the pasta is cooked through but has a slight firmness left in the middle. Add the peas for the last 3 mins of cooking. Drain but keep the pasta water as you'll need some of this later.

5



5 While your pasta cooks, heat 1½ tbsp of oil in a frying pan over a medium heat. Add the pancetta and cook until it just starts to brown off at the edges. Add the onion, the garlic, as much of the chilli flakes as you dare and cook for 5 mins, until soft. **Tip:** We only added a tiny pinch of the chilli flakes as they pack quite a punch!

6



6 Add ½ cup of Greek yoghurt and stir well. **LH:** Add the drained pasta along with the peas, ¼ tsp of salt and pepper. Toss everything together along with the crumbled feta and half the basil and 5 tbsp of the pasta water. **Tip:** If it looks dry, add in a couple more spoonfuls of the pasta water.

7 Serve with the remaining basil and the toasted pine nuts on top.

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