






Cooking Made Easy

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Summertime Roasted Salmon & Courgette Linguine with Red Pesto

In our humble opinion, salmon is a fish that works well in every season. Thankfully, it works BEST in summer – particularly with seasonal veggies like courgettes. Good timing on our part! This dish is as much of a work of art for the taste buds as it is for the eyes. The pink of the fish, deep red pesto and tree green courgettes, means that the eye definitely feasts as well. It's the perfect way to impress at a dinner party without breaking a sweat!

 30 min

 seafood first



Courgette



Salmon Fillet



Linguine



Garlic Clove



Red Pesto



Lemon



Parmesan

Ingredients

	2P	4P
Courgette, sliced	2	4
Salmon Fillet 1	2	4
Linguine 2	1 pack	2 packs
Garlic Clove, crushed	1	2
Red Pesto 3	3 tbsp	6 tbsp
Lemon	½	1
Parmesan, grated 3	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) Fish | 2) Gluten

3) Milk

Nutrition per serving: Calories: 754 kcal | Protein: 53 g | Carbs: 96 g | Fat: 16 g | Saturated Fat: 4 g

2



1 Pre-heat your oven to 180 degrees. Boil a pot of water with ¼ tsp of salt for your pasta.

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:** Really slice carefully to get thin linguine-like strips.

5



3 Once the oven has pre-heated rub a little glug of olive oil into the salmon fillet. Sprinkle a pinch of salt and pepper on both sides then place the fillet on a baking tray. Cook on the top shelf of the oven for 10 mins then remove.

4 Add the pasta to the rapidly boiling water and cook for 6 mins or until 'al dente'. **Tip:** 'Al dente' simply means it is cooked through but has a hint of firmness left in the middle.

7



the courgette strands into the pan and toss them together with the garlic. Cook the courgettes until they go a bit floppy. **Tip:** Do not add salt yet as it'll make the courgette go soggy.

6 Add the pesto into the frying pan and squeeze in half your lemon juice, taste and if you want add a little more. Then, add a couple of tbsp of water and ¼ tsp of salt and a few good grinds of black pepper (don't be shy - it'll really boost the flavour). Now toss in the drained pasta and remove from the heat.

7 The salmon is likely to be out of the oven by now, so use two forks to pull apart the flesh into little flakes. Discard the skin.

8



5 When the pasta is 3 mins from done, heat a tbsp of olive oil in a frying pan on medium-high heat. Peel and crush the garlic (but keep it whole) and add this to the pan. After a minute, once the oil is hot, add

8 Finally, toss the salmon flakes and three quarters of the grated cheese through the pasta. Serve with the remaining parmesan sprinkled on top and gobble! Oh and remember to take the garlic clove out as well - it was just there to add a subtle 'garlic-iness'.

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