



Parma Ham Pasta in Creamy Garlic Sauce

with Tenderstem® Broccoli, Cavolo Nero and Ciabatta

11

Quick 20 Minutes • 1 of your 5 a day



Tenderstem® Broccoli



Garlic Clove



Chicken Stock Paste



Parma Ham & Parmigiano Reggiano Filled Pasta



Chopped Cavolo Nero



Ciabatta



Creme Fraiche



Grated Hard Italian Style Cheese



Serrano Ham

Pantry Items

Oil, Salt, Pepper, Butter

+ Add Serrano Ham

If you chose to add Serrano ham, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Garlic press, frying pan, kettle, saucepan and colander.

Ingredients

Ingredients	2P	3P	4P
Tenderstem® Broccoli**	150g	200g	300g
Garlic Clove**	1	2	2
Chicken Stock Paste	10g	15g	20g
Parma Ham & Parmigiano Reggiano Filled Pasta** 7) 8) 13)	250g	375g	500g
Chopped Cavolo Nero**	100g	150g	200g
Ciabatta 13)	1	2	2
Crema Fraiche** 7)	75g	150g	150g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Serrano Ham**	2 slices	3 slices	4 slices

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml
Butter*	30g	45g	60g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	415g	100g	430g	100g
Energy (kJ/kcal)	3094 / 739	745 / 178	3240 / 774	753 / 180
Fat (g)	40.1	9.7	41.5	9.6
Sat. Fat (g)	23.2	5.6	23.6	5.5
Carbohydrate (g)	69.0	16.6	69.0	16.0
Sugars (g)	9.8	2.4	9.8	2.3
Protein (g)	25.8	6.2	31.3	7.3
Salt (g)	3.93	0.95	4.83	1.12

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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Get Prepped

- Cut the **Tenderstem® broccoli** into thirds.
- Peel and grate the **garlic** (or use a garlic press).



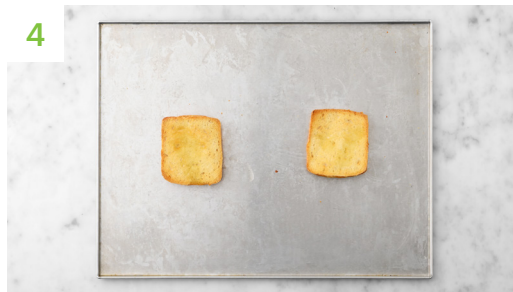
Garlic Butter Sauce Time

- Heat a drizzle of **oil** in a large frying pan on medium heat.
- Once hot, add the **garlic** and fry for 30 secs.
- Stir in the **chicken stock paste** and **water for the sauce** (see pantry for amount). Bring to the boil, then lower the heat and simmer for 1-2 mins.
- Stir in the **butter** (see pantry for amount) until melted. Simmer until thickened, 2-3 mins.



Cook the Pasta

- Meanwhile, boil a full kettle.
- Pour the **boiled water** into a saucepan with $\frac{1}{2}$ **tsp salt** and bring back to the boil.
- Add the **pasta, broccoli** and **cavolo nero**. Cook until tender, 3-4 mins. **TIP:** Discard any tough stalks from the cavolo nero.
- Once cooked, carefully drain in a colander. Drizzle with **oil** and stir through to stop it sticking together.



Toast your Ciabatta

- If you don't have a toaster, preheat your oven to 220°C/200°C fan/gas mark 7 for the **ciabatta**. Halve the **ciabatta**.
- If you're using the toaster, toast the **ciabatta** in your toaster until golden. If you're using the oven, pop into the oven to warm through, 2-3 mins.
- Once toasted, drizzle some **olive oil** over the **ciabatta**.



All Together Now

- Once the **sauce** has thickened, stir in the **creme fraiche** and cook for 1-2 mins.
- Add the **cooked pasta, broccoli, cavolo nero** and **hard Italian style cheese** to the pan.
- Gently stir to melt the **cheese** and combine everything together.



Serve Up

- Share your **creamy garlic butter pasta** between your serving plates.
- Serve with your **toasted ciabatta** alongside.

Enjoy!

+ Add Serrano Ham

Add the **Serrano Ham** to the **pasta** when serving.