



CREAMY SEAFOOD LINGUINE

with Chives and Courgette Salad



HELLO CHIVES

Chives are the most delicate member of the onion family. Use a sharp knife or scissors to cut them or they'll bruise.



Chives



Lemon



Courgette



Spaghetti



Vegetable Stock Pot



Fish Mix



Crème Fraîche

MEAL BAG

30 mins

... of your
5 a day

Cook within 2
Days of Delivery

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got **Large Saucepan, Fine Grater, Peeler, Mixing Bowl, Colander, Large Frying Pan** (with a **Lid**) and **Measuring Jug**. Now, let's get cooking!



1 PREP TIME

Put a large saucepan of water with a pinch of **salt** on to boil for the **pasta**. Finely chop the **chives** (or use scissors if it's easier) Zest the **lemon**, then cut it in half.



2 COURGETTE TWO WAYS!

Remove the top and bottom from the **courgette**, then use a vegetable peeler to make ribbons. Run the peeler along the length of the **courgette**, turning as you go. Once you get to the spongy middle, stop as it will get harder to make ribbons! Pop the ribbons in a mixing bowl and dress with a squeeze of **lemon** and a pinch of **salt**. Keep to one side.



3 COOK THE PASTA

When the pan of water is boiling, add the **pasta** with a good pinch of **salt**. Cook until al dente, around 11 mins. **★ TIP:** 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle. Drain into a colander. In the meantime, make your sauce.



4 START THE SAUCE

Pop a large frying pan on medium heat. Add the **water** (see ingredients for amount) and the **stock pot**. Stir to dissolve the **stock pot**, then add the **fish mix**. Spread the **fish** pieces out in 1 layer and cover with a lid or foil. Simmer gently for 5-6 mins. **❗ IMPORTANT:** The fish and prawns are cooked when opaque in the middle.



5 FINISH THE SAUCE

Once the **fish** is cooked, remove the lid and carefully stir in the **creme fraiche** and **lemon zest**. Bring to a bubble for a minute or so then remove from the heat. Taste the **sauce** and add some **salt** and **pepper** if necessary. Stir in **half** the **chives**.



6 SERVE

Add the **spaghetti** to the pan with the sauce and mix together, then share between your bowls. Finish with a delicate bunch of the **courgette ribbons** and a sprinkling of the remaining **chives**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Chives	½ bunch	1 bunch	1 bunch
Lemon	½	¾	1
Courgette	1	1½	2
Spaghetti 13)	200g	300g	400g
Water*	100ml	150ml	200ml
Vegetable Stock Pot 10) 14)	½	1	1
Fish Mix 4) 5)	1 small pack	1 medium pack	1 large pack
Crema Fraiche 7)	1 small pot	¾ large pot	1 large pot

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 407G	PER 100G
Energy (kcal)	619	152
(kJ)	2588	637
Fat (g)	17	4
Sat. Fat (g)	8	2
Carbohydrate (g)	81	20
Sugars (g)	9	2
Protein (g)	40	10
Salt (g)	1.58	0.39

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish 5) Crustaceans 7) Milk 10) Celery 13) Gluten 14) Sulphites

Vegetable Stock Pot: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder [Contains **Sulphites**], Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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