

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.









Courgette





Vegetable Stock Pot



Spaghetti

Fish Mix



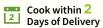
Crème Fraîche



30 mins



... of your 5 a day



BEFORE YOU STAR

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!



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.



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.



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. \star 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.



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. **(1) IMPORTANT:** The fish and prawns are cooked when opaque in the middle.



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.



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!**

INGREDIENTS

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



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The Fresh Farm 60 Worship St, London EC2A 2EZ