

Creamy Smoked Salmon Rigatoni

with Sugar Snaps and Herby Walnut Crumb

RAPID 15 Minutes











Walnuts



Rigatoni



Crème Fraîche



Sugar Snaps



Hot Smoked Salmon Flakes

Before you start

Our fruit, veggies and herbs need a wash before vou use them!

Basic cooking tools, you will need:

Two Saucepans and Colander.

Ingredients

-				
	2P	3P	4P	
Echalion Shallot**	1	1	2	
Dill**	1 bunch	1 bunch	1 bunch	
Walnuts 2)	1 small bag	1 large bag	1 large bag	
Rigatoni 13)	200g	300g	400g	
Crème Fraîche 7) **	150g	225g	300g	
Sugar Snaps**	1 small pack	1 large pack	1 large pack	
Hot Smoked Salmon Flakes 4) **	150g	200g	300g	
*Not Included ** Store in the Fridge				

Nutrition

	Per serving	Per 100g
for uncooked ingredient	333g	100g
Energy (kJ/kcal)	3339 /798	1004 /240
Fat (g)	40	12
Sat. Fat (g)	13	4
Carbohydrate (g)	81	24
Sugars (g)	8	2
Protein (g)	36	11
Salt (g)	2.03	0.61

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 4) Fish 7) Milk 13) Gluten

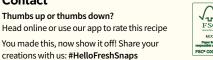
Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK



1. Prep Time

- a) Fill and boil your kettle.
- **b)** Halve, peel and thinly slice the **shallot**.
- c) Roughly chop the dill (stalks and all).
- d) Roughly chop the walnuts.



2. Cook the Pasta

- a) When the kettle has boiled, pour the boiling water into a large saucepan and put on high heat.
- **b)** Add the **rigatoni** along with ½ tsp of **salt**.
- c) Simmer until the rigatoni is tender, 12 mins.



3. Start the Sauce

- a) Meanwhile, heat a splash of oil in a saucepan over medium heat.
- **b)** When hot, add the **shallot**.
- c) Stir and cook until softened, 3-4 mins, then add half of the dill.
- **d)** Stir in the **crème fraîche**, bring to the boil then remove from the heat.



4. Cook the Sugar Snaps

- a) When the rigatoni has 3 mins left, add the sugar **snaps** to the boiling water.
- b) Cook for 3 mins, then drain the pasta and sugar **snaps** in a colander.
- c) Pop back in the pan, drizzle with oil and stir through to stop it sticking together.



5. Finish the Sauce

- a) Meanwhile, gently reheat the creamy sauce on a medium heat.
- b) Carefully fold in the hot smoked salmon and simmer gently until the **fish** is piping hot, 2-3 mins.
- c) Season to taste with salt and pepper.



6. Mix and Serve

- a) Add the pasta to the pan with the sauce and gently mix together. TIP: Add a splash of water if it needs loosening.
- **b)** Serve in deep bowls and finish with a sprinkle of walnuts and remaining dill.

Eniov!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.