



Spiral Spaghetti in 'Cosmic' Creamy Sauce with Roasted Tomatoes and Asparagus Spears

LIGHTYEAR 35-40 Minutes • Veggie • 1 of your 5 a day

21



Baby Plum Tomatoes



Echalion Shallot



Garlic Clove



Asparagus Bundles



Spaghetti



Vegetable Stock Paste



Creme Fraiche



Peas



Grated Hard Italian Style Cheese

Disney · PIXAR
LIGHTYEAR
IN CINEMAS JUNE 17



To the dinner table... and beyond!

We've teamed up with Disney and Pixar to celebrate the launch of the new original sci-fi action-adventure "Lightyear".

Before you start

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

Cooking tools

Aluminium foil, baking tray, saucepan, garlic press, colander and frying pan.

Ingredients

	2P	3P	4P
Baby Plum Tomatoes	125g	190g	250g
Echalion Shallot**	1	1	2
Garlic Clove**	1	2	2
Asparagus Bundles**	100g	150g	200g
Spaghetti (13)	180g	270g	360g
Vegetable Stock Paste (10)	10g	15g	20g
Water for the Sauce*	100ml	150ml	200ml
Creme Fraiche** (7)	150g	225g	300g
Peas**	120g	180g	240g
Grated Hard Italian Style Cheese** (7) (8)	25g	40g	50g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	384g	100g
Energy (kJ/kcal)	2918 /697	760 /182
Fat (g)	29.8	7.8
Sat. Fat (g)	17.4	4.5
Carbohydrate (g)	80.8	21.1
Sugars (g)	12.9	3.4
Protein (g)	24.7	6.4
Salt (g)	1.28	0.33

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk (8) Egg (10) Celery (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, milk, egg, mustard, celery, soya, 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.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Get Set for Adventure

Preheat your oven to 220°C/200°C fan/gas mark 7. Halve the **tomatoes** and pop them onto a piece of foil on a baking tray with a drizzle of **oil**, then season with **salt** and **pepper** if you'd like. Fold the foil, sealing on all sides to create a **parcel**. When the oven is hot, roast on the bottom shelf until softened, 15-20 mins. Meanwhile, bring a large saucepan of **water** to the boil, with $\frac{1}{2}$ **tsp salt** if you'd like.



Make the Cosmic Sauce

Stir the **veg stock paste** and **water for the sauce** (see ingredients for amount) into the **shallot** pan. Bring to a boil, turn the heat down slightly and simmer for 3-4 mins until reduced by half. Stir the **creme fraiche** into the pan and cook until piping hot, 2-3 mins.



Prep the Veg

Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Trim the bottom 2cm from the **asparagus** and discard. Pop the **asparagus** onto another baking tray. Drizzle with **oil**, season with **salt** and **pepper** if you'd like, then toss to coat. Spread out in a single layer. Roast on the middle shelf until tender, 10-12 mins.



Finish Up

Once your '**cosmic**' **sauce** has thickened, stir in the **cooked pasta** along with the **peas** and **cheese**. Add a splash of **water** if the **sauce** is a little too thick. Taste and season with **salt** and **pepper** if you'd like.



Ready your Spaghetti

When your pan of **water** is boiling, add the **spaghetti** and bring back to the boil. Cook until tender, 8 mins. Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together. While the **pasta** cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **shallot** and cook until softened, 3-4 mins. Stir in the **garlic** and cook for 1 min more.



Spiral and Serve

When everything is ready, twirl the **pasta** in its '**cosmic**' **sauce** into your plates - think of the Milky Way for inspiration! Top with the **roasted baby plum tomatoes**, spooning over the **juices** from the **parcel**. Serve with the **roasted asparagus spears**.

Space Ranger Mission: *It's twirling time! Little space rangers can help spin the spaghetti into spirals when you're ready to serve. Depending on whether you use tongs or forks, they can make one big galaxy or lots of little ones.*

Disney · PIXAR
LIGHTYEAR
IN CINEMAS JUNE 17

Enter an epic prize draw!



A family of 4 is in with the chance of winning the ultimate astronaut training experience in Orlando. **Just scan the QR code to enter.**