

HOT SMOKED SALMON SPAGHETTI

with Asparagus and Crushed Walnuts





HELLO ASPARAGUS

It takes three years for an asparagus spear to be ready for harvest.





Wheat Spaghetti







Panko Breadcrumbs

Tomato Passata



Hot Smoked Salmon Flakes





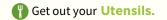




Rapid recipe

Quick, comforting, and filled with fresh zesty flavours, our creamy smoked salmon spaghetti is the perfect recipe for cosy nights in. Garlic and red chilli are fried until soft and golden before being gently combined with smoked salmon, fresh lemon, chopped chives and crispy asparagus in a velvety crème fraîche sauce. Toss the sauce through the spaghetti and serve in deep bowls.





Get out your Utensils. Swash the veggies. Make sure you've got a Large Saucepan, Colander, Fine Grater (or Garlic Press), Large Frying Pan, some Kitchen Paper and a Measuring Jug. Let's start cooking the Hot Smoked Salmon Spaghetti with Asparagus and Crushed Walnuts.



COOK THE WHETA PASTA

- a) Bring a large saucepan of water with a pinch of salt to the boil for the wheat pasta.
- b) When boiling, add the wheat spaghetti and cook for 11 mins, then drain in a colander.



2 DO THE PREP

- a) Meanwhile, trim the bottom 1cm from the asparagus then chop in half widthways.
- b) Peel and grate the garlic (or use a garlic press).
- c) Roughly chop the walnuts.



3 TOAST THE CRUMB

- a) Heat a drizzle of oil in a large frying pan on medium heat.
- b) When hot, add the panko breadcrumbs and walnuts and toast, stirring occasionally, until golden, 2-3 mins.
- c) When done, transfer to a bowl, wipe out the pan and return to medium heat with a drizzle of oil.



4 SIMMER THE SAUCE

- a) Add the garlic and cook, stirring, for 30 seconds.
- b) Pour in the tomato passata and water (see ingredients for amount) along with a pinch of salt and pepper and some sugar (if you have any).
- c) Bring to the boil then reduce the heat and simmer for 2 mins. When the wheat pasta has 3 mins left, add the asparagus to the boiling water with the wheat pasta.



5 FINISH UP

- a) Carefully stir the drained wheat pasta and asparagus through the sauce, then add in the hot smoked salmon flakes and combine.
- **b)** Cook for 2 mins or until the **salmon** is piping hot.
- c) Season to taste with salt and pepper.



a) Serve the hot smoked salmon spaghetti in bowls with the **nutty crumb** sprinkled on top.

Enjoy!

INGREDIENTS

2P	3P	4P
200g	300g	400g
1 small pack	1 large pack	2 small packs
1	2	2
1 small bag	1 large bag	1 large bag
10g	25g	30g
1 carton	1½ cartons	2 cartons
50ml	75ml	100ml
1 small pack	1 large pack	2 small packs
	200g 1 small pack 1 1 small bag 10g 1 carton 50ml	200g 300g 1 small 1 large pack pack 1 2 1 small 1 large bag bag 10g 25g 1 1½ carton cartons 50ml 75ml 1 small 1 large

*Not Included

* Store in the Fridge

NUTRITION FOR JNCOOKED INGREDIENT	PER SERVING 393G	PER 100G
Energy (kJ/kcal)	2795 /668	712 /170
Fat (g)	18	5
Sat. Fat (g)	3	1
Carbohydrate (g)	86	22
Sugars (g)	10	3
Protein (g)	38	10
Salt (g)	2.50	0.64

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 4) Fish 13) Gluten

Wheat Spaghetti. Ingredients: Durum wheat semolina, water. For allergens, including cereals containing gluten, see ingredients in bold.

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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The Fresh Farm 60 Worship St, London EC2A 2EZ YOU CAN RECYCLE ME!



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