



# 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



Asparagus



Garlic Clove



Walnuts



Panko Breadcrumbs



Tomato Passata



Hot Smoked Salmon Flakes

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.

20 mins

1 of your 5 a day

Rapid recipe

GET **PREPARED!**

Get out your **Utensils.**

MEAL BAG

20

## BEFORE YOU START

- 🔪 Get out your **Utensils**. 🧼 Wash 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**.



### 1 COOK THE WHEAT PASTA

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



### 4 SIMMER THE SAUCE

- Add the **garlic** and cook, stirring, for 30 seconds.
- 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).
- 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.



### 2 DO THE PREP

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



### 5 FINISH UP

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



### 3 TOAST THE CRUMB

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



### 6 SERVE

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

Enjoy!

## 2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Wheat Spaghetti <sup>13)</sup>	200g	300g	400g
Asparagus *	1 small pack	1 large pack	2 small packs
Garlic Clove *	1	2	2
Walnuts <sup>2)</sup>	1 small bag	1 large bag	1 large bag
Panko Breadcrumbs <sup>13)</sup>	10g	25g	30g
Tomato Passata	1 carton	1½ cartons	2 cartons
Water*	50ml	75ml	100ml
Hot Smoked Salmon Flakes <sup>4)</sup> *	1 small pack	1 large pack	2 small packs

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED 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

<sup>2)</sup> Nut <sup>4)</sup> Fish <sup>13)</sup> 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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