



Creamy Cod with Fresh Tagliatelle

EXTRA RAPID 10 Minutes

N° 12



Cod Fillet



Premium Tomatoes



Pancetta Lardons



Fresh Tagliatelle



Baby Spinach



Half Fat
Crème Fraîche



Zhoug Paste

Before you start

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

Basic cooking tools, you will need:

Large Saucepan, Frying Pan and Colander.

Ingredients

	2P	3P	4P
Cod Fillet 4) **	2	3	4
Premium Tomatoes	1 small punnet	1 large punnet	1 large punnet
Pancetta Lardons**	60g	90g	120g
Fresh Tagliatelle 8) 13) **	1 pack	1½ packs	2 packs
Baby Spinach**	1 small bag	1 small bag	1 large bag
Half Fat Crème Fraîche 7) **	150g	225g	300g
Zhoug Paste	1 sachet	1½ sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	505g	100g
Energy (kJ/kcal)	2632 /629	521 /125
Fat (g)	31	6
Sat. Fat (g)	12	2
Carbohydrate (g)	50	10
Sugars (g)	6	1
Protein (g)	36	7
Salt (g)	1.76	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish **7)** Milk **8)** Egg **13)** Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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1. Get Started

a) Bring a large saucepan of **water** to the boil with ½ tsp of **salt** on high heat.

b) Heat a drizzle of **oil** in a frying pan on medium high heat.

c) Season the **cod** with **salt** and **pepper**. **IMPORTANT:** Remember to wash your hands and equipment after handling raw fish. Halve the **premium tomatoes**.

d) Once the frying pan is hot, lay in the **fish** and add the **pancetta** and **tomatoes**.

e) Let the **fish** fry for 2 minutes, then turn the **fish** over and fry for another 2 minutes, shaking the pan occasionally to avoid any burning. The **fish** will break up, but that's the plan so don't worry! **IMPORTANT:** The fish is cooked when opaque in the middle.

2. Pasta Time

a) Meanwhile, add the **pasta** to the boiling **water** and simmer until tender, 3 mins.

b) Add the **spinach** to the **pasta water** for the last minute to wilt it.

c) Once cooked, drain in a colander, pop back in it's pan and drizzle with **oil** to stop it sticking together.

3. Serve!

a) Reduce the heat of the frying pan to medium high. Stir the **creme fraiche** and **zhoug** into the contents of the frying pan.

b) Bring to the boil, remove from the heat. Taste and add **salt** and **pepper** if you feel it needs it.

d) Add the **pasta** and **spinach** to the **sauce** and toss to combine. **TIP:** Add a splash of water if you feel it needs it. Serve in bowls.

Enjoy!