



Simple Spaghetti

with Fennel & Lemon Ricotta Sauce



HELLO FENNEL

The Greek name for fennel is 'marathon'.



Fennel



Echalion Shallot



Garlic Clove



Lemon



Red Chilli



Flat Leaf Parsley



Spaghetti



Pistachios



Baby Spinach



Ricotta Cheese



Hard Italian Cheese



Balsamic Vinegar



Steve's Leaves:
Watercress

MEAL BAG

35 mins

Veggie

2.5 of your 5 a day

Little heat

Adding a little pinch more of this or a dash more of that is the difference between a good dish and a great dish, so take time to work out what flavours are missing and adjust your seasoning to taste. The flavours in tonight's recipe are fresh, zesty and light so make sure you don't overpower them by adding too much salt or pepper - slowly does it!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater**, two **Large Saucepans**, a **Measuring Jug** and **Colander**. Now, let's get cooking!



1 DO THE PREP

Trim off any small **leaves** from the **fennel** and keep to one side. Cut the **fennel** in half lengthways through the root, remove the triangular root, then very thinly slice. Halve, peel and thinly slice the **shallot** into half moons. Peel and grate the **garlic** (or use a garlic press). **Zest** the **lemon**, then cut in half. Halve the **red chilli** lengthways, deseed and finely chop. Roughly chop the **parsley** (stalks and all).



2 START THE SAUCE

Put a large saucepan of **water** with a pinch of **salt** on to boil for the pasta. Heat a splash of **oil** in another large saucepan over medium-high heat. Add the **sliced fennel** and **shallot** and cook until softened, stirring frequently, 7-8 mins. Add the **garlic**, cook for 1 minute more, then add the **water** (see ingredients for amount). Bring to the boil, then remove from the heat.



3 COOK THE PASTA

Add the **spaghetti** to your pan of boiling water and cook for 11 mins. When cooked, drain in a colander and return to the pan with a drizzle of **oil** to stop it sticking together. In the meantime, shell the **pistachios**, then roughly chop.



4 FINISH THE SAUCE

When the **pasta** has 5 mins cooking time left, reheat the **fennel mixture** over medium heat. Add the **baby spinach**, stir through and cook until wilted, 3 mins. Stir in the **ricotta**, **lemon zest** and season with **salt** and **pepper**. Warm through (do not boil!), then remove from the heat. Taste and add **lemon juice** and **red chilli** to your liking.



5 COMBINE AND SEASON

Add the drained **pasta** to the **sauce** along with the **parsley** and **three-quarters** of the **hard Italian cheese**. Taste again and add more **chilli**, **lemon juice** and **salt** and **pepper** if it needs it. ★ **TIP**: Seasoning is key in this dish, so taste, season with salt and pepper and taste again.



6 SERVE

Mix together the **balsamic vinegar** and **olive oil** (see ingredients for amount) and drizzle over the watercress, tossing to combine. Serve the **pasta** in deep bowls with a sprinkling of remaining **hard Italian cheese** and the **pistachios**. Top with the **fennel leaves** and serve with the **watercress salad**. **Dig in!**

2 PEOPLE INGREDIENTS

Fennel, sliced	1
Echalion Shallot, sliced	1
Garlic Clove, grated	1
Lemon	½
Red Chilli, chopped	½
Flat Leaf Parsley, chopped	1 small bunch
Water*	100ml
Spaghetti 13)	200g
Pistachios, chopped 2)	25g
Baby Spinach	1 small bag
Ricotta Cheese 7)	200g
Hard Italian Cheese 7)	40g
Balsamic Vinegar 14)	1 tbsp
Olive Oil*	1 tbsp
Steve's Leaves: Watercress	1 bag

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 487G	PER 100G
Energy (kcal)	752	154
(kJ)	3162	648
Fat (g)	29	6
Sat. Fat (g)	11	2
Carbohydrate (g)	84	17
Sugars (g)	14	3
Protein (g)	37	8
Salt (g)	0.84	0.17

ALLERGENS

2) Nut 7) Milk 13) Gluten 14) Sulphites

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

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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