

Spaghetti Puttanesca with Avocado and Rocket Salad





Avocados mature on the tree but only ripen once picked.





Cherry Tomatoes





Garlic Clove

Puttanaseca Sauce





Spaghetti







Balsamic Vinegar



Honey

Hard Italian Cheese

Total: 15 mins





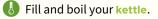
Veggie





For the days that call for pasta, make this 20-minute miracle dish your go-to. Because we're always looking for ways to save time in the kitchen, we've prepared a delicious puttanesca sauce for you to add to fresh cherry tomatoes and garlic. Served with a fresh avocado salad and topped with Italian cheese, this recipe proves that simple is often best! When you can get full on flavour in double quick time, you know you're onto a winner!





🚯 Fill and boil your kettle. 🖁 🌖 Wash the veggies. 🖁 🐧 Make sure you've got a grater, two saucepans, a bowl and a colander. Let's start cooking the Spaghetti Puttanesca with Avocado and Rocket Salad



PREP THE VEG

- a) Halve the cherry tomatoes.
- b) Roughly chop the **basil**, peel and grate the garlic (or use a garlic press).



START THE SAUCE

- a) Heat a splash of oil in a saucepan over medium-high heat.
- **b)** Add **half** the **cherry tomatoes** and cook for 2 mins.
- c) Add the garlic, cook for 1 minute, then add the Puttanesca sauce.
- d) Turn the heat to low and bubble gently until ready to use.



3 COOK THE PASTA

- a) Pour the boiling water into a large pan and add a good pinch of salt.
- b) Pop the pan onto high heat.
- c) Add the **spaghetti** to the boiling water and cook for 11 mins.



7) Milk 10) Celery 13) Gluten 14) Sulphites

MAKE THE SALAD

- a) Meanwhile, halve the avocado, remove the stone, remove the skin and cut the flesh into 2cm chunks and pop them in a bowl.
- b) Add the remaining cherry tomatoes and rocket.
- c) Mix the balsamic vinegar with the honey and olive oil (amount specified in ingredients).



5 MIX!

- a) When the **spaghetti** is cooked, drain into a colander.
- b) Return to the pan and add the puttanesca sauce, basil and half the hard Italian cheese. Mix well.



6 FINISH AND SERVE

- a) Pour the dressing over your salad just before serving.
- b) Toss to coat the leaves.
- c) Share the **pasta** between your bowls.
- d) Serve the dressed salad on the side and finish with leftover cheese.

🔝 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.

INGREDIENTS

1 punnet

1 bunch

1 pouch

200g

1 tbsp

1 tbsp

2 tbsp

PER

100G

173

728

2

19

4

5

0.34

40g

PER SERVING

517G

895

3761

44

10

98

22

26

1.75

1 1 bag

1

Cherry Tomatoes, halved

Puttanaseca Sauce 10) 14)

Basil, chopped

Spaghetti 13)

Rocket

Honey

Kcal

ΚJ

Fat

Sat Fat

Sugars

Protein

Salt

Olive Oil*

*Not Included

NUTRITION PER

Carbohydrates

ALLERGENS

Garlic Clove, grated

Avocado, chopped

Balsamic Vinegar 14)

Hard Italian Cheese 7)

UNCOOKED INGREDIENT

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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