



Spaghetti Puttanesca

with Avocado and Rocket Salad



HELLO AVOCADO

Avocados mature on the tree but only ripen once picked.



Cherry Tomatoes



Basil



Garlic Clove



Puttanesca Sauce



Spaghetti



Avocado



Rocket



Balsamic Vinegar



Honey



Hard Italian Cheese

MEAL BAG

Total: 15 mins

Rapid recipe

2 of 5 a day

Little heat

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!

GET PREPARED!

Fill and boil your kettle.

BEFORE YOU START

- 🔗 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**



1 PREP THE VEG

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



2 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.



4 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**.

2 PEOPLE INGREDIENTS

Cherry Tomatoes, halved	1 punnet
Basil, chopped	1 bunch
Garlic Clove, grated	1
Puttanesca Sauce 10) 14)	1 pouch
Spaghetti 13)	200g
Avocado, chopped	1
Rocket	1 bag
Balsamic Vinegar 14)	1 tbsp
Honey	1 tbsp
Olive Oil*	2 tbsp
Hard Italian Cheese 7)	40g

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 517G	PER 100G
Kcal	895	173
KJ	3761	728
Fat	44	9
Sat Fat	10	2
Carbohydrates	98	19
Sugars	22	4
Protein	26	5
Salt	1.75	0.34

ALLERGENS

7) Milk 10) Celery 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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