



Spaghetti Puttanesca

with Avocado and Rocket Salad

Nº 16

RAPID 15 Minutes • 1.5 of your 5 a day • Little Heat



Baby Plum Tomatoes



Flat Leaf Parsley



Garlic Clove



Puttanesca Sauce



Wheat Spaghetti



Avocado



Rocket



Balsamic Vinegar



Honey



Grated Italian Style Hard Cheese

Before you start

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

Basic cooking tools, you will need:

Make sure you've got a Grater, two Saucepans, a Bowl and a Colander. Now, let's get cooking!

2|3|4 People-Ingredients

	2P	3P	4P
Baby Plum Tomatoes	1 small punnet	¾ large punnet	1 large punnet
Flat Leaf Parsley	1 bunch	1 bunch	1 bunch
Garlic Clove	1	2	2
Puttanesca Sauce 10) 14)	1 pouch	1½ pouches	2 pouches
Wheat Spaghetti 13)	200g	300g	400g
Avocado	1	1½	2
Rocket	1 bag	1½ bags	2 bags
Balsamic Vinegar 14)	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Grated Italian Style Hard Cheese 7) 8)	1 pack	1½ packs	2 packs

*Not Included

Nutrition

	Per serving	Per 100g
For uncooked ingredients	478g	100g
Energy (kJ/kcal)	3383/809	708/169
Fat (g)	36	7
Sat. Fat (g)	9	2
Carbohydrate (g)	95	20
Sugars (g)	18	4
Protein (g)	26	5
Salt (g)	1.69	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 10) Celery 13) Gluten 14) Sulphites

Wheat Penne Pasta. 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.

Contact

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1. Prep the Veg

a) Fill and boil your kettle to use for the **wheat pasta**

b) Halve the **baby plum tomatoes**.

c) Roughly chop the **parsley** (stalks and all), peel and grate the **garlic** (or use a garlic press).



4. Make the Salad

a) Meanwhile, slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out the insides onto a board. Cut the flesh into 2cm chunks and pop them in a bowl.

b) Add the remaining **tomatoes** and **rocket**.

c) Mix the **balsamic vinegar** with the **honey** and **olive oil** (see ingredients for amount), set aside.



2. Start the Sauce

a) Heat a splash of **oil** in a saucepan over medium-high heat.

b) Add **half** the **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.



5. Mix

a) When the **wheat spaghetti** is cooked, drain into a colander.

b) Return the **wheat spaghetti** to the pan and add the **puttanesca sauce**, **half** the **parsley** and **half** the **cheese**. Mix well.



3. Cook the Wheat Pasta

a) Pour the **water** from the kettle into a large pan for the wheat pasta and add a good pinch of **salt**.

b) Pop the pan on a high heat and bring back to the boil.

c) Add the **wheat spaghetti** to the boiling **water** and cook for 8 mins.



6. Finish and Serve

a) Pour the **dressing** over your **salad** just before serving.

b) Toss to coat the **leaves**.

c) Share the **wheat pasta** and **sauce** between your bowls.

d) Serve the **dressed salad** on the side and finish with remaining **parsley** and **cheese**.

Enjoy!