







More Than Food  
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## Spaghetti with Creamy Smoked Salmon and Crispy Broccoli

Salmon is one of our favourite ingredients, not only is it delicious, it is chock-full of healthy fats. Oily fish, like salmon, are the best dietary sources of omega 3 fatty acids which are essential for healthy brain function and eye health. These fats are also anti-inflammatory which helps prevent chronic conditions like heart disease, diabetes and arthritis.



30 mins



1.5 of your 5 a day



mealkit



spicy



Echalion Shallot (1)



Broccoli (½)



Chives (1 bunch)



Garlic Clove (1)



Red Chilli (½)



Hot Smoked Salmon Fillet (1)



Spaghetti (180g)



Vegetable Stock Pot (½)



Water (150ml)



Crème Fraîche (1 pot)



Lemon (½)

## 2 PEOPLE INGREDIENTS

- Echalion Shallot, chopped
- Broccoli, sliced
- Chives, chopped
- Garlic Clove, grated
- Red Chilli, chopped
- Hot Smoked Salmon Fillet

1  
½  
1 bunch  
1  
½  
1

- Spaghetti
- Vegetable Stock Pot
- Water
- Crème Fraîche
- Lemon

180g  
½  
150ml  
1 pot  
½



Our fruit and veggies may need a little wash before cooking!

### Did you know...

When preparing chives, use a sharp knife or scissors and cut gently. Using a dull knife or over-chopping will bruise the herb and much of the flavour will be misplaced onto the cutting board surface.

**Allergens:** Milk, Fish, Gluten, Celery, Sulphites.

**Nutrition as per prepared and listed ingredients**

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	723 kcal / 3036 kJ	29 g	13 g	75 g	7 g	36 g	3 g
<b>Per 100g</b>	155 kcal / 652 kJ	6 g	3 g	16 g	2 g	8 g	1 g

**Vegetable Stock Pot Ingredients:** Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains Sulphites), Stabiliser [Tara Gum], Celery Salt, Celery Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

1



1 Cut the **shallot** in half through the root, peel and chop into roughly ½cm pieces. Cut the **broccoli** into florets (so mini trees!). Slice each floret into four pieces. Roughly chop the **chives** (or use scissors if you want!). Peel and grate the **garlic** (or use a garlic press if you have one). Cut the **chilli** in half lengthways, remove the seeds and finely chop.

2

2 Put a large pot of water on to boil with a good pinch of **salt** (in preparation for your pasta).

3



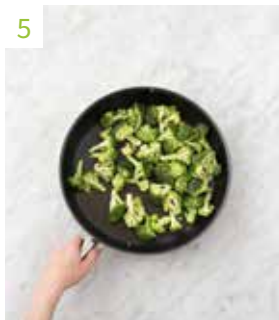
3 Remove the skin from the **salmon** then put the flesh on a chopping board. Pull your **salmon** apart with two forks.

4

4 Add the **spaghetti** to the boiling water and cook for 11 mins until 'al dente'.

**Tip:** 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle - if it's not quite there yet, just cook for a little longer. Once cooked, drain into a colander then return to the pot off the heat. Add a drizzle of **olive oil** to stop it sticking together.

5



5 Whilst your pasta cooks, put a frying pan on medium-high heat with a drizzle of **oil**. Once hot, add your **broccoli**, a good pinch of **salt** and a grind of **black pepper**. Cook for 7-8 mins until your **broccoli** is slightly brown and crispy, then remove from the pan.

6

6 Add another drizzle of **oil** to the pan (no need to wash) and turn the heat down slightly to medium. Add your **shallot** and cook for 4 mins, then add your **garlic** and **chilli** (add less if you're not a fan of spice) and cook for 1 minute more.

7

7 Add the **vegetable stock pot** to the pan along with the **water** (amount specified in the ingredient list). Bring to the boil, making sure the **stock pot** has dissolved. Simmer for 2 mins, then stir in the **crème fraîche**. Add a good pinch of **salt**, and a grind of **black pepper** and bring to the boil again. Lower the heat and simmer for another 2 mins.

8

8 Squeeze in some **lemon juice** (according to taste), then add your **salmon**, **broccoli** and **chives** to the pan. Stir together then take off the heat. Pour your **creamy salmon sauce** into your **spaghetti** and mix together. Serve in bowls and enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!

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