



Summer Salmon Spaghetti

with Crispy Broccoli



HELLO CHIVES

Chives are the most delicate member of the onion family. Use a sharp knife or scissors to cut them or they'll bruise.



Echalion Shallot



Broccoli



Chives



Garlic Clove



Red Chilli



Hot Smoked Salmon Fillet



Spaghetti



Vegetable Stock Pot



Water



Crème Fraîche



Lemon

30 mins

1.5 of your 5 a day

Medium Heat

We're thinking pink today. Salmon pink to be exact. Not only is this fish delicious, it's packed to the gills with omega 3 fatty acids which, research suggests, can have benefits for both brain function and blood pressure. So dinner can be good for the head and the heart - and the taste buds of course. Enjoy!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Fine Grater** (or **Garlic Press**), **Colander, Frying Pan** and **Measuring Jug**. Now, let's get cooking!



1 DO THE PREP

Put a large saucepan of water with a good pinch of **salt** on to boil for the pasta. Halve, peel and chop the **shallot** into roughly ½cm pieces. Cut the **broccoli** into florets. Slice each floret into four. Roughly chop the **chives**. Peel and grate the **garlic** (or use a garlic press). Deseed and finely chop the **red chilli**. Remove the skin from the **salmon** and put the flesh in a bowl. Use two forks to pull it apart into large flakes.



4 START THE SAUCE

Add another drizzle of **oil** to the pan (no need to wash it!) and turn the heat down slightly to medium. Add the **shallot** and cook until slightly softened, 4 mins. Then add the **garlic** and **chilli** and cook for 1 minute more. **★ TIP:** Some like it hot but if you're not one of them, just add less chilli!



2 COOK THE PASTA

Add the **spaghetti** to your pan of boiling water and cook until 'al dente', 11 mins.

★ TIP: 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle. Once done, drain in a colander and return to the pan off the heat. Toss with a little **olive oil** to stop it sticking together.



5 SIMMER THE SAUCE

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.



3 FRY THE BROCCOLI

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



6 FINISH AND SERVE

Squeeze in some **lemon juice** according to taste, then add the **salmon, broccoli** and **chives** to the pan. Stir gently then take off the heat. Combine with the **spaghetti** and serve in bowls. **Enjoy!**

2 PEOPLE INGREDIENTS

Echalion Shallot, chopped	1
Broccoli, sliced	½
Chives, chopped	1 bunch
Garlic Clove, grated	1
Red Chilli, chopped	½
Hot Smoked Salmon Fillet 4)	1
Spaghetti 1)	180g
Vegetable Stock Pot 9) 12)	½
Water*	150ml
Crème Fraîche 7)	1 pot
Lemon	½

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	709	187
(kJ)	2974	785
Fat (g)	28	7
Sat. Fat (g)	13	4
Carbohydrate (g)	74	20
Sugars (g)	10	3
Protein (g)	36	10
Salt (g)	2.55	0.67

ALLERGENS

1)Gluten 4)Fish 7)Milk 9)Celery 12)Sulphites

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.

👍 THUMBS UP OR THUMBS DOWN?

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