



Summer Salmon Spaghetti

with Crispy Broccoli



HELLO CHIVES

Chives are the most delicate member of the onion family.



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. Not only is this fish delicious, it's packed to the gills with fatty acids which may protect the heart and blood vessels from disease and protective of brain function for maintaining good memory. 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). Halve the **red chilli** lengthways, deseed and finely chop. 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 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 it's fine 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 **lemon juice** according to taste, then add the **salmon**, **broccoli** and **chives** to the pan. Stir gently and 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 small 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?

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. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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