

Ultimate Creamy Salmon, Lemon and Dill Linguine with Peas

Ultimate 30-35 Minutes



Garlic Clove



Dill



Lemon



Salmon Fillet



Linguine



Peas



Vegetable Stock Paste



Creme Fraiche

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, fine grater, baking tray, baking paper, colander, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Dill**	1 bunch	1 bunch	1 bunch
Lemon**	½	1	1
Salmon Fillet** 4)	2	3	4
Linguine 13)	180g	270g	360g
Peas**	120g	240g	240g
Vegetable Stock Paste 10)	10g	15g	20g
Crema Fraiche** 7)	150g	225g	300g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	312g	100g
Energy (kJ/kcal)	2835/678	910/218
Fat (g)	32	10.3
Sat. Fat (g)	12.2	3.9
Carbohydrate (g)	78.2	25.1
Sugars (g)	9.7	3.1
Protein (g)	28.2	9
Salt (g)	1.17	0.38

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 10) Celery 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.
Bring a large saucepan of **water** to the boil with ½ **tsp salt**.

Peel and grate the **garlic** (or use a garlic press).

Roughly chop the **dill** (stalks and all).

Zest and halve the **lemon** (see ingredients for amount).



Make your Creamy Sauce

While the **pasta** cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **garlic**, stir and cook for 30 secs.
Stir in the **veg stock paste** and **water for the sauce** (see ingredients for amount), then bring to the boil.

Simmer until reduced slightly, 2-3 mins. Stir in the **creme fraiche**, bring back to the boil, then remove from the heat.

Stir through **three quarters** of the **dill** and add a squeeze of **lemon juice**. Season with **salt** and **pepper**.



Bake the Salmon

Lay the **salmon fillets**, skin-side down, onto a lined baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Sprinkle over the **lemon zest**.

When the oven is hot, roast the **salmon** on the top shelf until cooked through, 10-15 mins.

IMPORTANT: Wash your hands and equipment after handling raw fish. The salmon is cooked when opaque in the middle.

Once cooked, remove from your oven.



Combine and Stir

Add the **cooked peas** and **pasta** to your pan of **creamy sauce**, then stir to combine.

Taste and add more **salt** and **pepper** if needed.



Cook the Pasta and Peas

While the **salmon** bakes, add the **linguine** to the **boiling water** and bring back to the boil.

Cook until tender, 12 mins. Add the **peas** for the final min of cooking.

Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Flake and Finish

Once the **salmon** is cooked, peel off the skin and use a fork to pull apart the **fish** into large flakes.

Add the **flaked salmon** to your **creamy pasta** and gently stir to combine. Add a splash of **water** if it's a little thick.

Serve your **ultimate creamy salmon, lemon and dill linguine** in bowls with the remaining **dill** sprinkled on top.

Enjoy!