



More than Food

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Lemony Salmon & Cacio e Pepe Linguine with Crispy Broccoli, Burst Tomatoes, and Chilies

Cacio e Pepe means cheese and pepper in Italian, and usually refers to a simple pasta dish consisting of just Parmesan, salt, and freshly cracked black pepper. We're adding tender broccoli, burst tomatoes, and a few other twists to the mix for an unbeatable pasta dinner.



30 min



level 1



make me first



nut free



Salmon



Linguine



Broccoli Florets



Parmesan Cheese



Lemon



Garlic



Chili Flakes



Grape Tomatoes

Ingredients

		2 People	4 People
Salmon	1)	12 oz	24 oz
Linguine	2)	6 oz	12 oz
Broccoli Florets		6 oz	12 oz
Parmesan Cheese	3)	¼ C	½ oz
Lemon		1	2
Garlic		2 cloves	4 cloves
Chili Flakes 		1 t	2 t
Grape Tomatoes		4 oz	8 oz
Butter*	3)	2 T	4 T
Oil*		2 t	4 t

*Not Included

Allergens

- 1) Fish
- 2) Wheat
- 3) Milk

Tools

Baking Sheet, Large Pot, Large Pan, Strainer, Zester

Ruler

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Nutrition per person Calories: 903 cal | Carbs: 78 g | Fat: 45 g | Protein: 55 g | Fiber: 8 g | Sodium: 305 mg

Make sure to wash and dry produce before prepping or cooking!

1



1 Prep the ingredients: Preheat the oven to 400 degrees. Bring a large pot of water with a large pinch of **salt** to a boil. Zest and halve the **lemon**. Slice one half into rounds for garnish, if desired. Mince or grate the **garlic**.

2 Add the **broccoli** to the boiling water and cook for 4-5 minutes, until tender. Remove with a slotted spoon and set aside.

TIP: To preserve its bright green color, place the broccoli in a bowl of ice water after cooking.

4



3 Cook the pasta: Add the **linguine** to the boiling water you cooked the **broccoli** in and cook for 8-10 minutes, until al dente. Drain, reserving **¼ cup pasta water**.

4 Roast the tomatoes: Toss the **tomatoes** on a baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Place in the oven for 10-12 minutes, until they burst.

5



5 Cook the salmon: While the **tomatoes** roast, heat a drizzle of **oil** in a large pan over medium-high heat. Pat the **salmon** dry with paper towels and season on all sides with **salt** and **pepper**. Add the **salmon** to the pan and cook for 3-4 minutes per side, until just opaque in the middle. Set aside.

6



6 In the same pan, heat **2 Tablespoons butter**, the **garlic**, and **chili flakes** (to taste, we used 1/4 teaspoon) over medium heat. Cook for 30 seconds, until fragrant. Toss the drained **pasta**, **lemon zest**, **Parmesan**, **broccoli**, **burst tomatoes**, and **¼ cup pasta water** into the pan and toss to combine. Cook, tossing, for 1-2 minutes, until the sauce thickens. Season generously with **salt** and **freshly cracked black pepper**.

7 Serve the **linguine** with the **salmon** on top and finish with a squeeze of **lemon**. Garnish with a **lemon round**, if desired, and enjoy!