



Hot Smoked Salmon Spaghetti

with Crispy Broccoli and Chilli



HELLO CHIVES

Chives are the most delicate member of the onion family.



Echalion Shallot



Broccoli



Chives



Garlic Clove



Red Chilli



Wheat Spaghetti



Vegetable Stock Powder



Crème Fraîche



Hot Smoked Salmon Flakes



Lemon

MEAL BAG 4

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 omega 3 fatty acids which have been shown to 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.

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 GET PREPPED

Put a large saucepan of water on to boil for the wheat pasta. Add a good pinch of salt. Halve, peel and finely chop the **shallot**. Cut the **broccoli** into small florets (like little trees). Chop the **chives** (or snip with scissors). Peel and grate the **garlic** (or use a garlic press). Halve the **chilli** lengthways, deseed then finely chop.



2 COOK THE WHEAT PASTA

When the **water** is boiling, add the **wheat spaghetti** to the pan and cook for 8 mins. When it's cooked al dente, drain in a colander and return to the pan (off the heat). Toss with a little **olive oil** to stop it sticking together.



3 FRY THE BROCCOLI

Put your frying pan on medium high heat with a drizzle of **oil**. Once hot, add the **broccoli** and a pinch of **salt** and **pepper**. Add a splash of **water** and pop a lid on the pan. Cook until tender, 3-4 mins, then remove the lid and continue frying until the **broccoli** is a little brown and crispy round the edges, 2-3 mins. Transfer to a plate and cover with foil to keep warm.



4 START THE SAUCE

Add another drizzle of **oil** to the frying pan (no need to wash it!) and turn the heat down to medium. Add the **shallot** and cook until slightly soft, 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!



5 SIMMER THE SAUCE

Add the **stock powder** to the pan along with the **water** (see ingredients for amount). Bring to the boil and stir to dissolve. Simmer for 2 mins, then stir in the **crème fraîche** and **salmon flakes**. Add a good pinch of **pepper** and bring to the boil again. Lower the heat and simmer until the **salmon** is piping hot, another 2 mins.



6 FINISH AND SERVE

Squeeze in some **lemon juice**, sprinkle in the **chives**, then return the **broccoli** to the pan. Stir gently and then take off the heat. Combine with the **wheat spaghetti** and serve in bowls. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Echalion Shallot *	1	1½	2
Broccoli *	½	¾	1
Chives *	1 bunch	1½ bunch	2 bunches
Garlic Clove *	1	2	2
Red Chilli *	½	¾	1
Wheat Spaghetti 13)	200g	300g	400g
Vegetable Stock Powder 10)	½ sachet	¾ sachet	1 sachet
Water*	150ml	225ml	300ml
Crème Fraîche 7) *	¾ pouch	1 pouch	1½ pouches
Hot Smoked Salmon Flakes 4) *	100g	150g	200g
Lemon *	½	¾	1

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 360G	PER 100G
Energy (kJ/kcal)	2738 / 655	762 / 182
Fat (g)	25	7
Sat. Fat (g)	10	3
Carbohydrate (g)	82	23
Sugars (g)	8	2
Protein (g)	31	9
Salt (g)	1.72	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish 7) Milk 10) Celery 13) Gluten

Wheat Spaghetti. Ingredients: Durum **wheat** semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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Packed in the UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

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