



Creamy Truffle and Tenderstem® Linguine with Rosemary and Hazelnuts

21

Festive Flavours 25-30 Minutes • 1 of your 5 a day



Hazelnuts



Onion



Garlic Clove



Tenderstem®
Broccoli



Linguine



Dried Rosemary



Creme Fraiche



Grated Hard
Italian Style Cheese



Vegetable Stock
Paste



Truffle Zest



Diced Chicken
Breast



Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

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

Cooking tools

Saucepan, rolling pin, frying pan, garlic press and colander.

Ingredients

Ingredients	2P	3P	4P
Hazelnuts 2)	25g	40g	50g
Onion**	1	2	2
Garlic Clove**	1	2	2
Tenderstem® Broccoli**	80g	150g	150g
Linguine 13)	180g	270g	360g
Dried Rosemary	1 sachet	1½ sachets	2 sachets
Crème Fraiche** 7)	150g	225g	300g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Vegetable Stock Paste 10)	10g	15g	20g
Truffle Zest	1 sachet	1½ sachets	2 sachets
Diced Chicken Breast**	1 pack	1 pack	1 pack
Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	366g	100g	496g	100g
Energy (kJ/kcal)	3217/769	878/210	3865/924	779/186
Fat (g)	39.3	10.7	41.6	8.4
Sat. Fat (g)	19.5	5.3	20.2	4.1
Carbohydrate (g)	78.3	21.4	78.4	15.8
Sugars (g)	11.4	3.1	11.6	2.3
Protein (g)	25.1	6.8	56.5	11.4
Salt (g)	1.68	0.46	1.88	0.38

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

2) Nuts **7)** Milk **8)** Egg **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, cereals containing 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

Let us know what you think!

Share your creations with #HelloFreshSnaps


Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



Go Nuts

Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **linguine**.

Roughly crush the **hazelnuts** in the unopened sachet using a rolling pin.

Heat a small frying pan on medium heat (no oil). Once hot, add the **hazelnuts** and dry-fry, stirring regularly, until toasted, 2-3 mins. Set aside.

TIP: Watch them like a hawk as they can burn easily.



Get Prepped

Meanwhile, halve, peel and thinly slice the **onion**.

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

Cut the **Tenderstem® broccoli** into thirds.



Linguine Time

When boiling, add the **linguine** to the **water** and bring back to the boil. Cook until tender, 12 mins.

When there are 4 mins of cooking time left, add the **broccoli** and cook for the remaining time.

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



Start the Sauce

In the meantime, heat a drizzle of **oil** in a large saucepan on medium-high heat. Once hot, add the **onion** and season with **salt** and **pepper**.

Cook the **onion** until softened, 4-5 mins, stirring occasionally.

Stir in the **garlic** and **dried rosemary**. Cook for 1 min more.

CUSTOM RECIPE

If you've chosen to add **chicken** to your meal, add it to the pan before the **onion**. Pan-fry until golden brown all over, 4-5 mins, then add the **onion** to the pan and continue as instructed.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Get Creamy

Stir in the **crème fraiche**, **hard Italian style cheese**, **vegetable stock paste** and the **water for the sauce** (see pantry for amount).

Simmer the **sauce** until thickened slightly, 2-3 mins. Once thickened, stir in the **cooked pasta** and **broccoli**.

Remove from the heat and stir through the **truffle zest**.



Finish and Serve

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if the **sauce** looks a little too thick.

Share your **creamy truffle linguine** between the serving bowls.

Finish by sprinkling over the **toasted hazelnuts**.

Enjoy!

