



Easy Salmon on Fresh Pesto Tagliatelle

with Spinach and Oven-Ready Garlic Baguettes

38

3 Step Prep Prep Time: 5 Minutes • Cook Time: 15-20 Minutes



Demi Garlic Baguettes



Salmon Fillets



Creme Fraiche



Vegetable Stock Paste



Fresh Tagliatelle



Pesto



Baby Spinach



Grated Hard Italian Style Cheese

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Baking tray, baking paper and saucepan.

Ingredients

Ingredients	2P	3P	4P
Demi Garlic Baguettes 13)	2	3	4
Salmon Fillets** 4)	2	3	4
Creme Fraiche** 7)	150g	225g	300g
Vegetable Stock Paste 10)	10g	15g	20g
Fresh Tagliatelle** 8) 13)	200g	300g	400g
Pesto 7)	32g	64g	64g
Baby Spinach**	40g	100g	100g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g

Pantry	2P	3P	4P
Water for the Sauce*	250ml	375ml	500ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	561g	100g
Energy (kJ/kcal)	4606/1101	821/196
Fat (g)	69.9	12.5
Sat. Fat (g)	27.9	5.0
Carbohydrate (g)	81.0	14.4
Sugars (g)	7.3	1.3
Protein (g)	44.8	8.0
Salt (g)	3.32	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

4) Fish **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, mollusc, 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. Be careful when adding water to hot pans while cooking.

Contact

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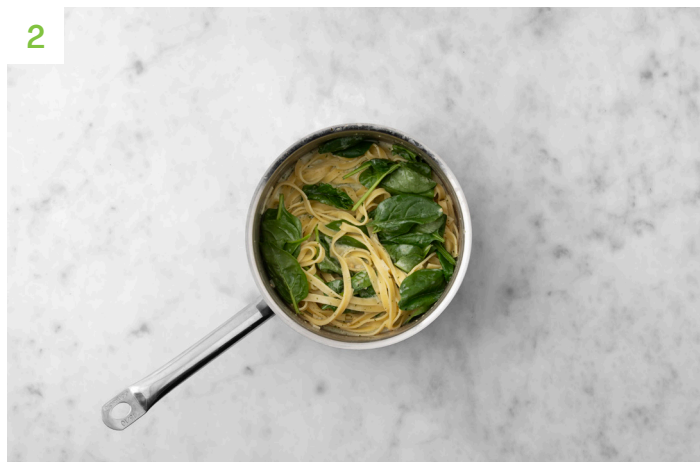
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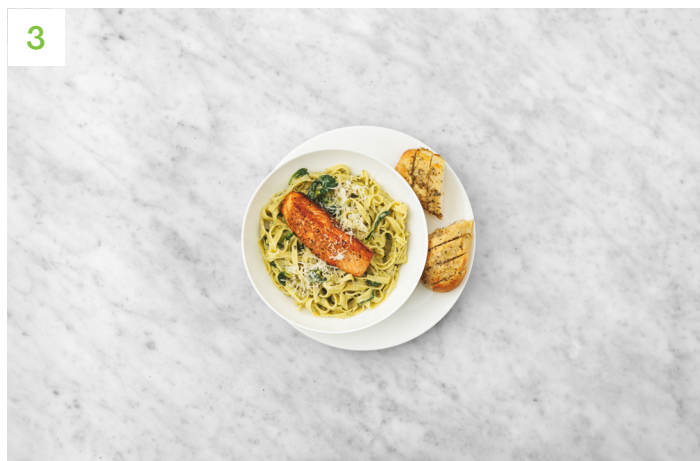
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2



3



Get Roasting

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Place the **garlic baguettes** onto one side of a lined baking tray.
- Lay the **salmon fillets**, skin-side down, onto the other side of the tray. Season with **salt** and **pepper**.
- When the oven is hot, roast on the top shelf, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.

Pasta Time

- Meanwhile, add the **creme fraiche**, **vegetable stock paste** and **water** (see pantry) to a saucepan.
- Heat on high and bring to the boil, then reduce the heat.
- Stir in the **fresh tagliatelle**. Simmer, 5-6 mins.
- Next, stir in the **pesto**, **spinach** and **half the cheese**, making sure it's piping hot, 1-2 mins.

Dinner's Ready!

- Stir a knob of **butter** (if you'd like) into the **pasta**.
- Season with **salt** and **pepper**. Add a splash of **water** if it's too thick.
- Serve the **pasta** in bowls topped with the **salmon**. Sprinkle over the remaining **cheese**.
- Serve the **garlic bread** alongside.

Enjoy!