



Salmon, Smoked Haddock and Cod Pesto Penne

with Spinach and Italian Style Cheese

Classic 30-35 Minutes

48



Garlic Clove



Fish Pie Mix



Penne Pasta



Creme Fraiche



Vegetable Stock Paste



Baby Spinach



Grated Hard Italian Style Cheese



Pesto

Pantry Items

Oil, Salt, Pepper, Butter

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, garlic press, kitchen paper and colander.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Fish Pie Mix** (4)	1 pack	1 pack	2 packs
Penne Pasta (13)	180g	270g	360g
Creme Fraiche** (7)	150g	225g	300g
Vegetable Stock Paste	10g	15g	20g
Baby Spinach**	40g	100g	100g
Grated Hard Italian Style Cheese** (7) (8)	40g	60g	80g
Pesto (7)	32g	48g	64g
Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	416g	100g
Energy (kJ/kcal)	3717 /888	893 /214
Fat (g)	47.8	11.5
Sat. Fat (g)	26.0	6.2
Carbohydrate (g)	72.3	17.4
Sugars (g)	6.0	1.4
Protein (g)	42.3	10.2
Salt (g)	3.38	0.81

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

Allergens

4) Fish 7) Milk 8) Egg 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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Get Started

Bring a large saucepan of **water** to the boil with $\frac{1}{2}$ **tsp salt** for the **penne**.

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

Drain the **fish pie mix** and pat dry with kitchen paper.

IMPORTANT: Wash your hands and equipment after handling raw fish.



Cook the Pasta

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

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



Get Frying

Meanwhile, heat a drizzle of **oil** in a large saucepan on medium-high heat.

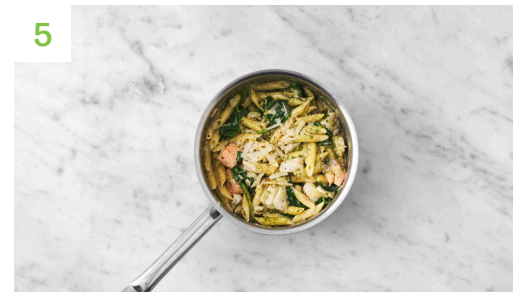
Once hot, add the **garlic** and fry until fragrant, 30 secs.



Simmer the Fish

Add the **creme fraiche**, **vegetable stock paste** and **water for the sauce** (see pantry for amount). Bring to the boil.

Gently stir through the **fish pie mix**. Lower the heat and simmer gently, stirring occasionally, until the **fish** is cooked, 5-8 mins. **IMPORTANT:** The fish is cooked when opaque in the middle.

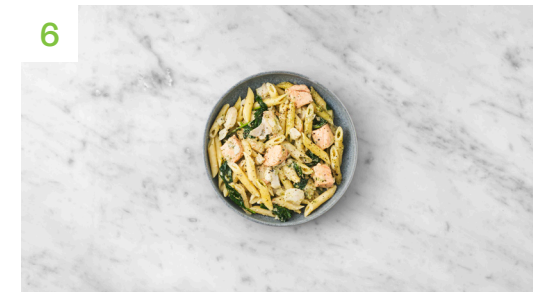


Pesto Time

Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.

Stir the **cooked pasta**, **Italian style cheese**, **pesto** and **butter** (see pantry for amount) into the **sauce** until combined and melted.

Taste and season with **salt** and **pepper**. Add a splash of **water** if it's a little too thick.



Serve Up

Share your **creamy fish pesto pasta** between your bowls.

Enjoy!