



# Chilli Garlic Hake Tagliatelle

with Rocket and Olive Salad

N° 12

**EXTRA RAPID** 10 Minutes • Medium Heat • 1 of your 5 a day



Garlic Clove



Baby Plum Tomatoes



Red Wine Vinegar



Fresh Tagliatelle



Hake Fillet



Chili Flakes



Olive and Caper Pasta Sauce



Finely Chopped Tomatoes with Onion and Garlic



Olives



Rocket

## Before you start

Our fruit and veggies need a little wash before you use them!

### Basic cooking tools, you will need:

Large Saucepan, Fine Grater (or Garlic Press), Mixing Bowl, Colander and Frying Pan.

### Ingredients

	2P	3P	4P
Garlic Clove**	1 clove	1 clove	1 clove
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Red Wine Vinegar <b>14)</b>	1 sachet	1½ sachets	2 sachets
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Fresh Tagliatelle <b>8) 13)</b>	200g	300g	400g
Hake Fillet <b>4)</b> **	2	3	4
Chili Flakes	a pinch	a pinch	a pinch
Olive and Caper Pasta Sauce	1 pouch	1½ pouches	2 pouches
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Olives**	1 pouch	1½ pouches	2 pouches
Rocket**	1 bag	1½ bags	2 bags

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	639g	100g
Energy (kJ/kcal)	1971 /471	309 /74
Fat (g)	13	2
Sat. Fat (g)	2	1
Carbohydrate (g)	68	11
Sugars (g)	18	3
Protein (g)	16	2
Salt (g)	2.81	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**4)** Fish **8)** Egg **13)** Gluten **14)** Sulphites

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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Packed in the UK



## 1. Get Prepped

**a)** Fill and boil your kettle, pour the boiling **water** into a large saucepan on high heat with ½ tsp of **salt**.

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

**c)** Halve the **tomatoes** and add them to the bowl with the **red wine vinegar** and the **olive oil** (see ingredients for amount).

**d)** Season with **salt** and **pepper**, toss and set aside.

**e)** Add the **tagliatelle** to the boiling **water** and simmer until tender, 4 mins.

**f)** Drain in a colander, pop back in the pan and drizzle with **oil** to stop it sticking together.

## 2. Cook the Sauce

**a)** Meanwhile, heat a drizzle of **oil** in a frying pan on medium high heat.

**b)** Once hot, lay in the **hake** and fry for 2 mins. **IMPORTANT:** *The fish is cooked with the center is opaque.*

**c)** Then add the **garlic** and a pinch of **chilli flakes** (careful, they're hot!) and cook for one minute.

**d)** Pour in the **caper tomato sauce** and **finely chopped tomatoes**.

**e)** Season with **salt** and **pepper** and a pinch of **sugar**, and stir together.

**f)** Bring to the boil, submerge the **hake** in the **sauce** and cover the pan with a lid or some foil. Reduce the heat to medium and simmer for 2 mins.

## 3. Finish and Serve

**a)** Add the drained **pasta** to the **sauce** and toss together, taste and add **salt** and **pepper** if you feel it needs it.

**b)** Add a splash of **water** if you feel it needs it. **TIP:** *The fish will break up, but that's the plan so don't worry!*

**c)** Add the **olives** and **rocket** to the dressed **tomatoes**, toss and serve on top of the **pasta**.

**d)** Sprinkle over a few more **chilli flakes** if you like things spicy.

## Enjoy!

*There may be changes to ingredients in recipes:*

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.