



Chilli Garlic Hake Tagliatelle with Rocket and Olive Salad

Extra Rapid 10 Minutes • Medium Spice • 1 of your 5 a day

22



Garlic Clove



Baby Plum Tomatoes



Red Wine Vinegar



Fresh Tagliatelle



Hake Fillet



Chilli Flakes



Olive and Caper
Pasta Sauce



Tomato Passata



Olives



Rocket

Before you start

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

Cooking tools, you will need:

Saucepan, Fine Grater (or Garlic Press), Colander, Frying Pan and Measuring Jug.

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 14)	1 sachet	1½ sachets	2 sachets
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Fresh Tagliatelle 8) 13)**	200g	300g	400g
Hake Fillet 4)**	2	3	4
Chilli Flakes	a pinch	a pinch	a pinch
Olive and Caper Pasta Sauce	1 pouch	1½ pouches	2 pouches
Tomato Passata	1 carton	1½ cartons	2 cartons
Water for the Sauce*	50ml	75ml	100ml
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	457g	100g
Energy (kJ/kcal)	1751/419	384/92
Fat (g)	13	3
Sat. Fat (g)	2	1
Carbohydrate (g)	45	10
Sugars (g)	11	2
Protein (g)	28	6
Salt (g)	1.66	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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2



3



Get Prepped

- Fill and boil your kettle, pour the boiling water into a large saucepan on high heat with ½ tsp of **salt**.
- Peel and grate the **garlic** (or use a garlic press).
- Halve the **tomatoes** and add them to the bowl with the **red wine vinegar** and the **olive oil** (see ingredients for amount). Season with **salt** and **pepper**, toss and set aside.
- Add the **tagliatelle** to the boiling water and simmer until tender, 4 mins.
- Drain in a colander, pop back in the pan and drizzle with **oil** to stop it from sticking together.

Cook the Sauce

- Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, lay in the **hake** and fry for 2 mins. **IMPORTANT:** *The fish is cooked when it is opaque all the way through.*
- Then add the **garlic** and a pinch of **chilli flakes** (be careful, they're hot!) and cook for 1 minute.
- Pour in the **olive and caper tomato sauce, tomato passata** and **water** (see ingredients for amount). Season with **salt** and **pepper** and a pinch of **sugar**, and stir together.
- 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.

Finish and Serve

- Add the drained **pasta** to the **sauce** and toss together, taste and add **salt** and **pepper** if you feel it needs it. **TIP:** *The fish will break up, but that's the plan so don't worry!*
- Add the **olives** and **rocket** to the dressed **tomatoes**, toss and serve on top of the **pasta**.
- 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.