



Creamy Arrabbiata and Pesto Salmon Pasta

with Parmigiano Reggiano, Garlic Bread and Balsamic Dressed Salad

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Salmon Special | 25-30 Minutes • Mild Spice • 1 of your 5 a day



-  Salmon Fillet Skin-On
-  Rigatoni Pasta
-  Garlic Clove
-  Chilli Flakes
-  Tomato Passata
-  Vegetable Stock Paste
-  Creme Fraiche
-  Ciabatta
-  Parmigiano Reggiano
-  Fresh Pesto
-  Premium Baby Leaf Mix
-  Balsamic Glaze

Pantry Items
Oil, Salt, Pepper, Sugar, Olive Oil

Before you start

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

Cooking tools

Kettle, baking paper, baking tray, saucepan, colander, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Salmon Fillet Skin-On** 4)	2	3	4
Rigatoni Pasta 13)	180g	270g	360g
Garlic Clove**	3	5	6
Chilli Flakes	1 pinch	1 pinch	2 pinches
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Crema Fraiche** 7)	75g	120g	150g
Ciabatta 13)	1	1½	2
Parmigiano Reggiano** 7)	40g	60g	80g
Fresh Pesto** 7)	32g	50g	64g
Premium Baby Leaf Mix**	50g	75g	100g
Balsamic Glaze 14)	12ml	18ml	24ml

Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	100ml	150ml	200ml
Olive Oil for the Garlic Bread*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	467g	100g
	4531/1083	971/232
Fat (g)	51.7	11.1
Sat. Fat (g)	17.4	3.7
Carbohydrate (g)	101.1	21.7
Sugars (g)	14.0	3.0
Protein (g)	46.0	9.9
Salt (g)	2.92	0.63

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

Allergens

4) Fish 7) Milk 10) Celery 13) Cereals containing gluten
14) Sulphites

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, 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

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Bake the Salmon

Preheat your oven to 220°C/200°C fan/gas mark 7.
Fill and boil your kettle.

Lay the **salmon fillets**, skin-side down, onto a lined baking tray. Season with **salt and pepper**.

When the oven is hot, bake the **salmon** on the top shelf until cooked through, 10-15 mins.

IMPORTANT: Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



Garlic Bread Time

While the **sauce** simmers, halve the **ciabatta** and lay onto a baking tray, cut-side up.

Spread over the remaining **garlic** and drizzle with the **olive oil for the garlic bread** (see pantry for amount). Sprinkle **half the Parmigiano Reggiano** over the **ciabatta halves**.

Bake the **cheesy garlic bread** on the middle shelf of your oven until golden, 5-6 mins.



Cook the Pasta

In the meantime, pour the **boiled water** from your kettle into a medium saucepan with **½ tsp salt** and bring back to a boil.

When boiling, add the **rigatoni** 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.

Meanwhile, peel and grate the **garlic** (or use a garlic press).



Combine and Stir

Once the **salmon** is cooked, gently peel off and discard the skin. Using a fork, flake the **fish** into bite-sized pieces.

Stir the **cooked rigatoni**, **flaked salmon** and remaining **Parmigiano Reggiano** into the **arrabbiata sauce**.

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



Simmer your Arrabbiata Sauce

Heat a drizzle of **oil** in a large frying pan on medium heat.

Once hot, add **two thirds** of the **garlic** and stir-fry for 30 secs.

Sprinkle in the **chilli flakes** (add less if you'd prefer things milder) and stir in the **passata**, **vegetable stock paste**, **creme fraiche**, **sugar** and **water for the sauce** (see pantry for both amounts).

Bring to the boil, reduce the heat slightly and simmer until thickened, 6-7 mins.



Finish and Serve

Share your **salmon arrabbiata pasta** between your bowls and drizzle over the **pesto**.

Serve the **cheesy garlic bread** and **baby leaf salad** alongside.

Drizzle some **olive oil** and the **balsamic glaze** over the **salad** to finish.

Enjoy!