



Creamy Lemony Spaghetti and Hot Smoked Salmon with Rocket and Chilli

CLASSIC 30 Minutes • Little Heat

N° 4



Garlic Clove



Lemon



Chilli Flakes



Vegetable
Stock Powder



Spaghetti



Hot Smoked Salmon



Soured Cream



Rocket



Before you start

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

Basic cooking tools, you will need:

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

Ingredients

	2P	3P	4P
Garlic Clove**	1 clove	2 cloves	2 cloves
Lemon**	½	1	1
Chilli Flakes	a pinch	a pinch	a pinch
Water for the Sauce*	100ml	150ml	200ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Spaghetti 13)	200g	300g	400g
Hot Smoked Salmon 4) **	150g	200g	300g
Soured Cream 7) **	150g	225g	300g
Rocket**	1 bag	1½ bags	2 bags

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	331g	100g
Energy (kJ/kcal)	3347 /800	1011 /242
Fat (g)	25	8
Sat. Fat (g)	11	3
Carbohydrate (g)	99	30
Sugars (g)	8	2
Protein (g)	39	12
Salt (g)	2.83	0.85

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish **7)** Milk **10)** Celery **13)** Gluten

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

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Packed in the UK



1. Get Prepped

Bring a saucepan of **water** up to the boil with ½ tsp **salt** for the **pasta**. Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lemon**.



4. Finish the Sauce

While the **spaghetti** cooks, add the **hot smoked salmon** and **lemon zest** to the pan with the **stock**. Season with **salt** and **pepper** and mix well. Simmer until slightly thickened, 3-4 mins. Stir through the **soured cream** and remove from the heat.



2. Start the Sauce

Heat a drizzle of **oil** in a large frying pan over medium heat. Once hot, add the **garlic** and a pinch of **chilli flakes** (they're hot, be careful!). Cook, stirring, for 1 minute then add the **water** (see ingredients for amounts) and **vegetable stock powder**. Stir well to dissolve the **stock powder** and bring to a simmer.



5. Finish Up

Add the cooked **spaghetti** to the pan with the **salmon** and **sauce**. Add a squeeze of **lemon juice**. Add a splash of the **pasta cooking water** to loosen if you need to, then stir together until everything is well combined and piping hot.



3. Cook the Spaghetti

Meanwhile, add the **spaghetti** (see ingredients for amount) to the saucepan of boiling **water** and simmer until tender, 8 mins. Once cooked, drain the **spaghetti** (but reserve a ladleful of the **pasta cooking water** - you may need this for your sauce!) and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



6. Serve!

Divide the **salmon spaghetti** between plates and top with the **rocket** and a sprinkle of **chilli flakes** if you like it hot.

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.