



Cacio e Pepe

with peas and marinated tomatoes

Veggie Quick Cook 20 – 25 mins

8



Dried Linguine



Grated Italian Style Hard Cheese



Pine Nuts



Salad Leaves



Tomato



Mustard



Balsamic Glaze



Creme Fraiche



Hello Muscat



Peas

Pantry Items: Salt, Pepper, Oil, Water



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Before you start

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

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Colander

Ingredients

	2P	4P
Dried Linguine	180 g	360 g
Grated Italian Style Hard Cheese	2 units	4 units
Pine Nuts	10 g	20 g
Salad Leaves	40 g	80 g
Tomato	2 units	4 units
Mustard	1 sachet	2 sachets
Balsamic Glaze	1 sachet	2 sachets
Crema Fraiche	110 g	220 g
Hello Muscat	1 sachet	2 sachets
Peas	120 g	240 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	346 g	100 g
Energy (kJ/kcal)	2928.8 kJ/ 700 kcal	846.5 kJ/ 202.3 kcal
Fat (g)	25.4 g	7.3 g
Sat. Fat (g)	13.3 g	3.8 g
Carbohydrate (g)	81.9 g	23.7 g
Sugars (g)	12.7 g	3.7 g
Protein (g)	26.3 g	7.6 g
Salt (g)	2 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

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Cook the Pasta

- Boil a large pot of **salted water** for the **pasta**.
- When boiling, add the **linguine** to the **water** and bring back to the boil.
- Cook until softened, 12 mins.
- Once cooked, reserve a cup of the **pasta water** then drain the **linguine** in a colander.
- Pop back in the pot, off the heat, drizzle with **oil** and stir through to prevent sticking.

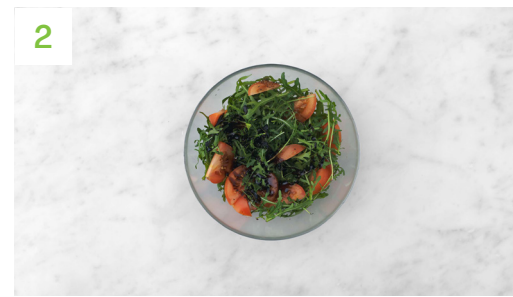
TIP: *If you're in a hurry you can boil the water in your kettle.*



Toast the Pine Nuts

- Place a large pan over medium heat (no oil).
- Once hot, add the **pine nuts** and cook, stirring, until lightly toasted, 2-3 mins.
- Remove from the pan and set aside.

TIP: *Watch them like a hawk—they can burn easily.*



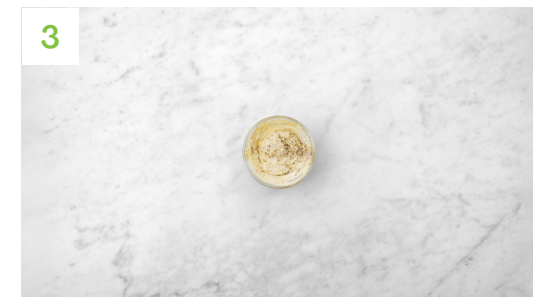
Start the Salad

- Meanwhile, cut the **tomato** into wedges.
- In a bowl for the salad, mix together the **balsamic glaze**, 1 tbsp **oil** and ¼ tsp **salt** (double both for 4p).
- Season to taste with **salt** and **pepper**.
- Toss the **tomato** in the dressing and leave aside to marinate.
- Just before serving, toss the **salad leaves** together with the **tomatoes**. Season to taste with **salt** and **pepper**.



Coat the Linguine

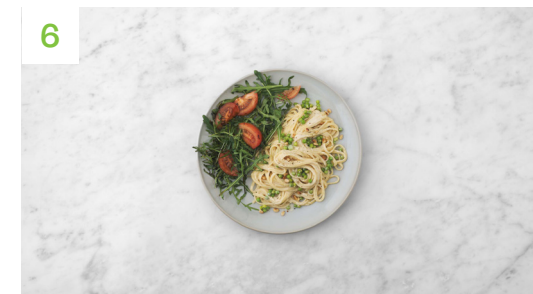
- Return the pan to medium-high heat with a drizzle of **oil**.
- When hot, cook the **peas** until warmed, 2-3 mins.
- Pour the **crema fraiche** mixture, allowing it to warm through, 1 min (loosen with some reserved pasta **water** if you feel it's too thick).
- Add the drained **linguine** and toss to coat in the sauce.
- Season to taste with **salt** and **pepper**.



Assemble the Sauce

- In a small bowl, mix together the **crema fraiche**, **mustard** (if you're cooking for kids, you can use less mustard to reduce the heat).
- Stir in the **cheese**, **muscat** and 2 tsp cracked **black pepper** (double for 4p).

TIP: *Don't be shy with the pepper—this is the star of the dish!*



Finish and Serve

- Divide the cacio e pepe between plates.
- Garnish with a scattering of toasted **pine nuts**.
- Serve with the marinated **tomato** salad on the side.

Enjoy!