



Cacio e Pepe

with courgette and marinated tomato salad

Family Veggie 20 – 25 mins

9



Dried Linguine



Grated Italian Style Hard Cheese



Salad Leaves



Tomato



Balsamic Glaze



Creme Fraiche



Hello Muscat



Mustard



Courgette



Hazelnuts



Garlic

Pantry Items: Pepper, Salt, Oil, Water



Rate your recipe!

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, grater

Ingredients

	2P	4P
Dried Linguine	180 g	360 g
Grated Italian Style Hard Cheese	2 units	4 units
Salad Leaves	40 g	80 g
Tomato	2 units	4 units
Balsamic Glaze	1 sachet	2 sachets
Creme Fraiche	110 g	220 g
Hello Muscat	1 sachet	2 sachets
Mustard	½ sachet	1 sachet
Courgette	1 unit	2 units
Hazelnuts	10 g	20 g
Garlic	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	397.3 g	100 g
Energy (kJ/kcal)	2778.2 kJ/ 664 kcal	699.3 kJ/ 167.1 kcal
Fat (g)	25.9 g	6.5 g
Sat. Fat (g)	13.2 g	3.3 g
Carbohydrate (g)	80 g	20.1 g
Sugars (g)	11.6 g	2.9 g
Protein (g)	24.3 g	6.1 g
Salt (g)	1.9 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe.

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

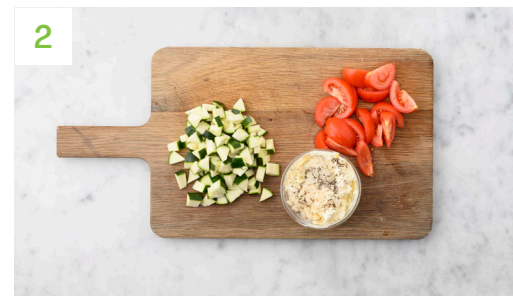
- Boil a large pot of **salted water** for the **pasta**.
- When boiling, add the **linguine** to the **water** and bring back to the boil.
- Cook until softened, 12 mins.
- Once cooked, reserve a cup of the **pasta water** then drain the **linguine** in a colander.
- Pop back in the pot, off the heat,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

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



Char the Courgette

- Peel and grate the **garlic** (or use a garlic press).
- Return the pan to medium-high heat with a drizzle of **oil**.
- When hot, add the **garlic** and **courgette** and cook until charred, 6-8 mins. Stir only every few minutes—this will allow the **courgette** to pick up a nice colour.
- Season with **salt** and **pepper**.



Get Prepped

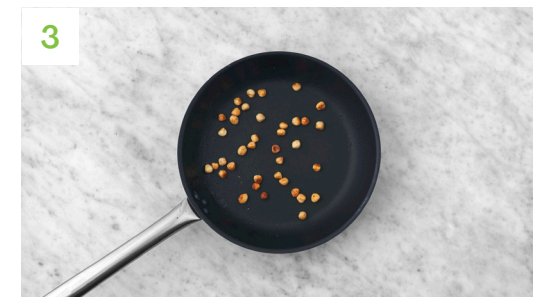
- Trim the **courgette** and quarter lengthways. Chop into 1cm chunks.
- Cut the **tomato** into wedges.
- In a bowl mix together the **creme fraiche**, **muscat**, **cheese**, **half** the **mustard** and 2 tsp cracked **black pepper** (double both for 4p).
- In a large bowl, mix the **balsamic glaze** and 1 tbsp **oil** (double for 4p). Season to taste with **salt** and **pepper**.
- Add the **tomato** to the dressing and leave to marinate.

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



Coat the Linguine

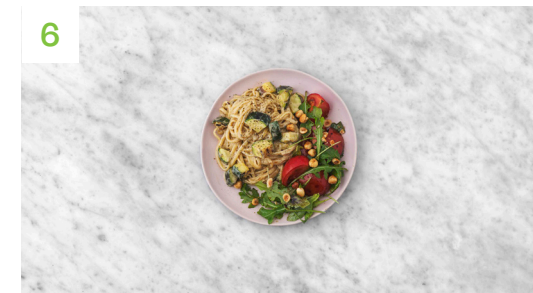
- Remove the pan from the heat.
- Add the drained **linguine** and **creme fraiche** mixture to the **courgettes**.
- Loosen the sauce with the reserved **pasta water** if necessary.
- Season to taste with **salt** and **pepper**.



Toast the Nuts

- Place a large pan over medium heat (no oil).
- Once hot, add the **hazelnuts** 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.*



Finish and Serve

- Toss the **salad leaves** with the marinated **tomatoes**.
- Plate up a helping of cacio e pepe and serve the **tomato** salad alongside.
- Scatter the toasted **hazelnuts** over the top of the salad.

Enjoy!