



# Creamy Salmon Linguine

with peas and parsley

20 – 25 mins • *Optional spice*

15



Salmon



Dried Linguine



Creme Fraiche



Dried Chilli Flakes



Garlic



Lemon



Stock



Peas



Parsley

Pantry Items: Salt, Pepper, 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

Baking sheet with baking paper, colander, grater, zester

## Ingredients

	2P	4P
Salmon	200 g	400 g
Dried Linguine	180 g	360 g
Crema Fraiche	110 g	220 g
Dried Chilli Flakes	1 sachet	2 sachets
Garlic	2 units	4 units
Lemon	1 unit	2 units
Stock	1 sachet	2 sachets
Peas	120 g	240 g
Parsley	5 g	10 g

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>368 g</b>	<b>100 g</b>
Energy (kJ/kcal)	3150.6 kJ/ 753 kcal	856.1 kJ/ 204.6 kcal
Fat (g)	31.3 g	8.5 g
Sat. Fat (g)	11.5 g	3.1 g
Carbohydrate (g)	80.5 g	21.9 g
Sugars (g)	8.1 g	2.2 g
Protein (g)	38.8 g	10.5 g
Salt (g)	1.1 g	0.3 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.

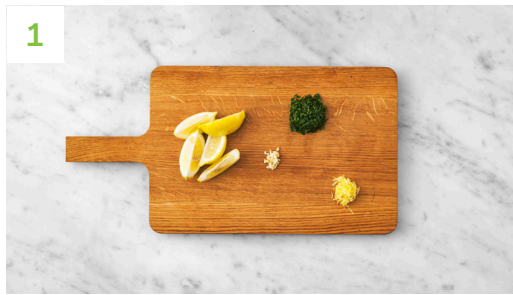
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## Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Boil a large pot of **salted water**.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **parsley** (stalks and all).
- Zest and quarter the **lemon**.

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



## Bake the Salmon

- Lay the **salmon** onto a lined baking tray.
- Drizzle with **oil**, then season with **salt** and **pepper**. Sprinkle over the **lemon** zest.
- When the oven is hot, roast the **salmon** on the top shelf until cooked through, 10-15 mins. **IMPORTANT:** Wash hands and equipment after handling raw fish. Salmon is cooked when opaque in the middle.
- Once cooked, remove from the oven and set aside.



## Make the Pasta

- Meanwhile, add the **linguine** to the boiling **water** and bring back to the boil.
- Cook until softened, 10-12 mins.
- Once cooked, drain in a colander and pop back in the pot, off the heat.
- Drizzle with **oil** and stir through to prevent sticking.



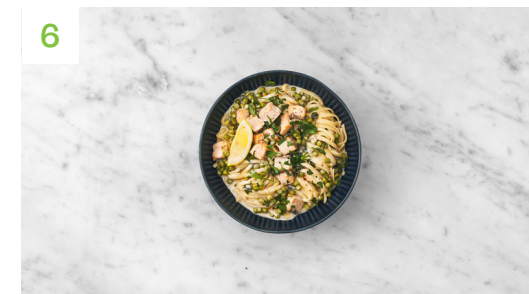
## Simmer the Sauce

- Meanwhile, place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **peas** and **garlic**. Cook until fragrant, 1 min.
- Add the **stock** along with 100ml **water** (per 2P). Simmer until slightly reduced, 3-4 mins.
- Stir in the **crema fraiche**, **peas**, **chilli flakes** (use less if you don't like spice), **half** the **parsley** and **lemon juice** to taste.
- Simmer until warmed through, 1-2 mins. Season to taste with **salt** and **pepper**.



## Finishing Touches

- Loosen the sauce with a splash of **water** if you feel it's too thick.
- Once the **salmon** is cooked, mix the **salmon** into the creamy sauce.
- Add the cooked **pasta** and toss to coat.
- Taste and season with **salt** and **pepper**.



## Serve It Up

- Divide your creamy **salmon linguine** between bowls.
- Top with a scattering of the remaining **parsley**.
- Serve any remaining **lemon** wedges on the side for squeezing over.

Enjoy!