



Everything
But The Chef

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Smoked Salmon & Dill Goat Cheese Fettuccine

We know what it's like. Pasta is just too good! Often it feels like we could eat endless bowls of it, although we've been advised that would probably make us sick. Good thing for you (and us!) we've added some ribboned zucchini into this smoked salmon and dill fettuccine, thus prolonging the unparalleled joy of a massive bowl of pasta, while also giving you the nutritious hit from one of our favourite veggies. Sneaky eh? Well, we prefer to say clever.

- Prep:** 10 mins
- Cook:** 15 mins
- Total:** 25 mins
- omega 3 rich**
- eat me first**
- level 1**
- high protein**
- one pot wonder**

Pantry Items



Fettuccine



Zucchini



Dill Goat Cheese



Smoked Salmon



Lime



Parsley

2P	4P	Ingredients	
½ packet	1 packet	fettuccine	
1	2	zucchini, peeled into thin ribbons	A
½ block	1 block	dill goat cheese, crumbled	⊕
200 g	400 g	smoked salmon, torn into pieces	
½	1	lime, zested & cut into wedges	⊕
⅓ bunch	⅔ bunch	parsley, leaves picked	⊕

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2770	Kj
Protein	45.7	g
Fat, total	11.8	g
-saturated	4.8	g
Carbohydrate	87.8	g
-sugars	2.5	g
Sodium	1840	mg

Measuretool

0 cm	1 cm	2 cm



You will need: *chef's knife, chopping board, zester, vegetable peeler, large pot, and a colander.*

1 In a large pot, bring some salted water to the boil. Add the **fettuccine** to the boiling water and cook for approximately **11 minutes** or until 'al dente', stirring regularly to ensure that the pasta does not stick. Place the **zucchini ribbons** in the base of a colander. When the fettuccine is ready drain the pasta directly over the zucchini. Transfer both the fettuccine and zucchini back into the pot.



2 While it's piping hot, stir through the **dill goat cheese**, **smoked salmon**, 1 teaspoon of the **lime zest** (2 teaspoons for 4 serves) and the **parsley**. Season to taste with **salt** and **pepper**.

3 Divide between bowls and squeeze with the juice from the **lime wedges**, if you like.



Did you know? Fettuccine literally translates to 'little ribbons'.