

Creamy Smoked Salmon Orecchiette

with Green Veggies & Parmesan Cheese

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Zucchini



Green Beans



Cold-Smoked Salmon



Orecchiette



Garlic Paste



Savoury Seasoning



Light Cooking Cream



Vegetable Stock Pot



Baby Spinach Leaves



Parmesan Cheese



Chilli Flakes (Optional)



Parmesan Cheese

Prep in: **10-20** mins
Ready in: **15-25** mins

1 Eat Me First

Orecchiette (meaning “little ears” in Italian) are the perfect pasta shape for cradling a creamy, cheesy sauce. Complete with tender greens, rich garlic butter and a little kick of chilli, this is one stellar pasta dish.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
green beans	1 small packet	1 medium packet
cold-smoked salmon	1 packet	2 packets
orecchiette	1 medium packet	2 medium packets
butter*	15g	30g
garlic paste	2 medium packets	4 medium packets
savoury seasoning	1 medium sachet	2 medium sachets
light cooking cream	1 medium packet	1 large packet
vegetable stock pot	1 medium packet	2 medium packets
baby spinach leaves	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet
chilli flakes (optional)	pinch	pinch
Parmesan cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3340kJ (798Cal)	738kJ (176Cal)
Protein (g)	33.3g	7.4g
Fat, total (g)	39.2g	8.7g
- saturated (g)	17.3g	3.8g
Carbohydrate (g)	76.1g	16.8g
- sugars (g)	11.9g	2.6g
Sodium (mg)	1922mg	425mg
Dietary Fibre (g)	8.7g	1.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3548kJ (848Cal)	762kJ (182Cal)
Protein (g)	37.4g	8g
Fat, total (g)	42.9g	9.2g
- saturated (g)	19.9g	4.3g
Carbohydrate (g)	76.4g	16.4g
- sugars (g)	12.1g	2.6g
Sodium (mg)	2055mg	442mg
Dietary Fibre	8.7g	1.9g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Cook the pasta

- Boil the kettle. Thinly slice **zucchini** into half-moons. Trim and roughly chop **green beans**. Roughly chop **cold-smoked salmon**.
- Half-fill a large saucepan with boiling water and add a generous pinch of **salt**. Cook **orecchiette** in the boiling water until 'al dente', **8 minutes**.
- Reserve some **pasta water** (¼ cup for 2 people / ½ cup for 4 people), then drain **pasta** and return to saucepan.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.

3



Bring it all together

- Reduce heat to medium then stir in **light cooking cream**, **vegetable stock pot** and the **reserved pasta water**, until slightly thickened, **1-2 minutes**.
- Stir through **baby spinach leaves**, **cooked orecchiette** and **Parmesan cheese** until combined, **1 minute**.
- Remove pan from heat then gently stir through **salmon** until combined. Season with **pepper**.

Custom Recipe: If you've doubled your Parmesan cheese, add extra Parmesan as above.

2



Cook the veggies

- Meanwhile, heat a large frying pan over high heat with a drizzle of **olive oil**.
- Cook **zucchini** and **green beans**, tossing, until tender, **4-5 minutes**.
- Add the **butter**, **garlic paste** and **savoury seasoning** and cook until fragrant, **1 minute**.

4



Serve up

- Divide creamy smoked salmon orecchiette between bowls.
- Sprinkle with **chilli flakes** (if using) to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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