



Lemon Pesto & Pine Nut Spaghetti

with Summer Greens



Toast pine nuts for extra crunch



Sugar Snap Peas



Zucchini



Lemon



Parmesan Cheese



Spaghetti



Pine Nuts



Chilli Flakes (Optional)



Traditional Pesto

Pantry Staples: Olive Oil



Hands-on: **20** mins
Ready in: **25** mins



Spicy (optional chilli flakes)

This simple, fresh pasta is bursting with texture and flavour; from rich pesto and zesty lemon to crunchy pine nuts and crispy sweet sugar snap peas. Dig in!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **medium saucepan, chef's knife, chopping board, zester, fine grater, colander, large frying pan, wooden spoon** and a **spatula**.



1 GET PREPPED

Bring a medium saucepan of salted water to the boil. Thinly slice the **zucchini** into half-moons. Zest the **lemon** and then slice into wedges. Trim the ends of the **sugar snap peas** and slice in half, lengthways. Finely grate the **Parmesan cheese**.



2 COOK THE SPAGHETTI

Add the **spaghetti (use suggested amount)** to the saucepan of boiling water. **Note: Be sure to add the correct amount of pasta in order for your dish to be perfectly balanced, just the way we planned it.** Cook for **8-9 minutes**, or until 'al-dente'.

TIP: 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness. Drain, return to the saucepan and toss with a **drizzle of olive oil** to prevent sticking.



3 TOAST THE PINE NUTS

While the spaghetti is cooking, heat a large frying pan over a medium-high heat. Add the **pine nuts** and toast, stirring, for **3-4 minutes**, or until golden. Remove from the pan and set aside.



4 COOK THE ZUCCHINI

Return the same large pan to a medium-high heat and add a **drizzle of olive oil**. Once hot, add the **zucchini** and a **pinch of lemon zest** and cook for **3-4 minutes**, or until softened and golden.



5 BRING IT ALL TOGETHER

Add the **spaghetti, sugar snap peas** and a **pinch of chilli flakes (if using)** to the pan with the zucchini. **TIP:** Some like it hot but if you don't, just hold back on the chilli flakes. Add the **pesto** and squeeze over the juice from the **lemon wedges (1 tbs for 2 people/2 tbs for 4 people)**. **TIP:** Add as much or as little lemon juice as you like depending on your taste preference. Season to taste with a **pinch of salt** and **pepper**.



6 SERVE UP

Divide the lemon pesto and pine nut spaghetti between bowls. Top with the grated **Parmesan** and **toasted pine nuts**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
zucchini	1	2
lemon	1	2
sugar snap peas	1 bag	1 bag
Parmesan cheese	1 block (50 g)	1 block (100 g)
spaghetti (use suggested amount)	¾ packet (200 g)	¾ packet (400 g)
pine nuts	1 packet	2 packets
chilli flakes (optional)	1 pinch	2 pinches
traditional pesto	1 tub (50 g)	1 tub (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2580kJ (616Cal)	772kJ (184Cal)
Protein (g)	20.5g	6.1g
Fat, total (g)	24.3g	7.3g
- saturated (g)	4.2g	1.2g
Carbohydrate (g)	75.0g	22.5g
- sugars (g)	4.1g	1.2g
Sodium (g)	250mg	75mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722
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