

Lemon Pesto & Pine Nut Spaghetti

with Summer Greens





Toast pine nuts for extra crunch



Sugar Snap Peas







Parmesan Cheese





Pine Nuts

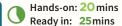


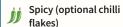
Chilli Flakes (Optional)



Traditional Pesto

Pantry Staples: Olive Oil





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 -STAR

Parmesan cheese.

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.



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

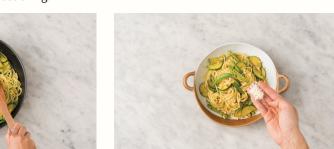


COOK THE SPAGHETTI Add the spaghetti (use suggested **amount)** to the saucepan of boiling water. Note: Be sure to add the correct amount of pasta in order for your dish to be perfectly balanced, just the way we planned it. Cook for 8-9 minutes, or until 'al-dente'.

*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.



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.



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

ENJOX!



COOK THE ZUCCHINI Return the same large pan to a mediumhigh 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.



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.

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)	% packet (200 g)	% 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

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722 Hello@HelloFresh.com.au

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