



Speedy Lemon Pesto Spaghetti

with Pine Nuts & Parmesan



Toast pine nuts for extra flavour



Zucchini



Lemon



Sugar Snap Peas



Spaghetti



Pine Nuts



Chilli Flakes (Optional)



Traditional Pesto



Shaved Parmesan Cheese



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!

Pantry Staples: Olive Oil

BEFORE YOU START

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



1 GET PREPARED

Bring a medium saucepan of salted water to the boil. Thinly slice the **zucchini** into half-moons. Trim the ends of the **sugar snap peas** and slice in half lengthways. Zest the **lemon** to get a pinch.



2 COOK THE SPAGHETTI

Add the **spaghetti** to the saucepan of boiling water and cook for **10 minutes**, or until 'al dente'. Drain the pasta and return to the saucepan. **TIP:** 'Al dente' means the pasta is cooked through but has a little firmness.



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 cook, tossing, for **3-4 minutes**, or until golden and toasted. Transfer to a plate and set aside.



4 COOK THE ZUCCHINI

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



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 **traditional pesto** and squeeze over some **lemon juice (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. 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 **shaved Parmesan cheese** and toasted pine nuts.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
zucchini	1	2
sugar snap peas	1 bag	1 bag
lemon	1	2
spaghetti	1 packet	2 packets
pine nuts	1 packet	2 packets
chilli flakes (optional)	pinch	pinch
traditional pesto	1 tub (75 g)	1 tub (150 g)
shaved Parmesan cheese	1 packet (30 g)	2 packets (60 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3020kJ (721Cal)	864kJ (206Cal)
Protein (g)	24.1g	6.9g
Fat, total (g)	30.8g	8.8g
- saturated (g)	5.6g	1.6g
Carbohydrate (g)	81.3g	23.3g
- sugars (g)	7.1g	2.0g
Sodium (g)	338mg	97mg

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

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