



SPEEDY LEMON PESTO SPAGHETTI

with Pine Nuts & Parmesan



Toast pine nuts for extra flavour



Zucchini



Garlic



Sugar Snap Peas



Lemon



Spaghetti



Pine Nuts



Chilli Flakes (Optional)



Traditional Pesto



Shaved Parmesan Cheese

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** first! Along with basic cooking tools, you will use:

- **medium saucepan** • **large frying pan**



1 GET PREPPED

Bring a medium saucepan of salted water to the boil. Thinly slice the **zucchini** into half-moons. Finely chop the **garlic** (or use a garlic press). Trim the ends of the **sugar snap peas** and slice in half lengthways. Zest the **lemon** to get a **pinch**, then slice in half.



2 COOK THE SPAGHETTI

Add the **spaghetti** to the saucepan of boiling water and cook for **9 minutes**, or until 'al dente'. Reserve some **pasta water (1/4 cup for 2 people / 1/2 cup for 4 people)**, drain the spaghetti and return to the saucepan.



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, tossing, for **3-4 minutes** or until golden. Transfer to a plate.



4 COOK THE ZUCCHINI

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Once hot, add the **zucchini** and cook for **3-4 minutes** or until tender. Add the **lemon zest** and **garlic** and cook for a further **1-2 minutes**, or until fragrant. 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. Add the **traditional pesto**, a small **splash** of **pasta water** and a **good squeeze** of **lemon juice**. Season to taste with **salt** and **pepper**. **TIP:** Add as much or as little lemon juice as you like.



6 SERVE UP

Divide the lemon pesto 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
garlic	2 cloves	4 cloves
sugar snap peas	1 bag (100 g)	1 bag (200 g)
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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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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