

# Quick Salmon

## and Green Pea Primavera Pasta

hellóchef

The perfect start to the week. Sit back, relax and enjoy dinner!

Cals 972 • Prot 65 • Carbs 118 • Fat 30

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🕒 cook: 20 min

R2491



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Salmon	2 ppl	3 ppl	4 ppl	
Salmon goujons <b>6*</b>	350	525	700	Grams
Linguine <b>10*, 11*</b>	250	375	500	Grams
Garlic cloves	2	3	4	Piece
Shallots	1	1	2	Piece
Parmesan <b>4*</b>	30	45	60	Grams
Olive oil	2	3	4	Tbsp
Cherry tomatoes	150	250	300	Grams
Salt	0.5	1	1	Tsp
Chicken stock cube <b>4*, 5*, 9*, 15*</b>	0.5	1	1	Piece
Water	150	175	300	ML
Cooking cream <b>4*</b>	100	200	200	ML
Green peas	100	150	200	Grams
Lemon	1	1	2	Piece
Black pepper	0.5	0.5	1	Tsp

Allergens

\*6 Fish, \*10 Wheat, \*11 Gluten, \*4 Milk, \*5 Eggs, \*9 Soya, \*15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information

Per Serving\*

Energy (kJ/kcal)	4056 / 972
Fat (g)	29.5
of which saturates (g)	14.4
Carbohydrate (g)	118
of which sugars (g)	12.3
Fiber (g)	12.3
Protein (g)	64.5
Salt (g)	2.5

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil pasta

Bring a large pot of salted water to the boil. Once boiling, add the **linguine** and cook for 8-10 min until 'al dente' or cooked to your liking. Drain.

**Tip!** Reserve some of the pasta water and use it for the measured water in step 3.



2 Prep vegetables

Meanwhile, peel and finely chop the **garlic** and **shallots**. Grate the **Parmesan**.



3 Start sauce

Heat a pan over a medium heat with a drizzle of **olive oil**. Once hot, add the **shallots, garlic** and whole **cherry tomatoes** and cook with a pinch of **salt** for 3 min. Add the {0.5/1/1} **chicken stock cube, measured water, cooking cream, green peas** and **salmon goujons**. Simmer for 4 min, stirring occasionally, flaking the **salmon** as you go.



4 Finish sauce

Remove the pan from the heat and fold in the **Parmesan** (reserve some for garnish). Season with a generous squeeze of **lemon** juice. Check the seasoning.

**Tip!** Want to make dinner extra fancy? Add some lemon zest to your pasta sauce!



5 Serve

Carefully fold the drained **linguine** into the sauce. Divide the lot among plates and garnish with the remaining **Parmesan** and **lemon** wedges.