

Linguine Primavera

with Roasted Vegetables and Garlic Butter Sauce

hellóchef

This lemon garlic pasta delivers bold, vibrant and fresh flavours.

Cals 712 • Prot 24 • Carbs 121 • Fat 19

Vegan

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🕒 cook: 30 min

R3231



Before you start

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

Ingredients

| Pasta | 2 ppl | 3 ppl | 4 ppl | |
|----------------------------------|-------|-------|-------|-------|
| Linguine 10* , 11* | 250 | 375 | 500 | Grams |
| Garlic cloves | 2 | 3 | 4 | Piece |
| Red onion | 1 | 1 | 2 | Piece |
| Small zucchini | 2 | 3 | 4 | Piece |
| Cherry tomatoes | 150 | 250 | 300 | Grams |
| Yellow pepper | 1 | 1 | 2 | Piece |
| Lemon | 1 | 2 | 2 | Piece |
| Olive oil | 1 | 2 | 2 | Tbsp |
| Salt | 0.5 | 0.5 | 1 | Tsp |
| Water | 100 | 150 | 200 | ML |
| Vegetable stock cube 15* | 1 | 1 | 2 | Piece |
| Baby spinach | 90 | 125 | 180 | Grams |
| Salted vegan butter | 40 | 60 | 80 | Grams |
| Black pepper | 0.5 | 0.5 | 1 | Tsp |
| Chilli flakes | 2 | 2 | 4 | Grams |
| Garnish | | | | |
| Fresh basil | 15 | 15 | 15 | Grams |

Allergens

*10 Wheat, *11 Gluten, *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) | 2979 / 712 |
| Fat (g) | 19.4 |
| of which saturates (g) | 9.5 |
| Carbohydrate (g) | 121 |
| of which sugars (g) | 10 |
| Fiber (g) | 14.1 |
| Protein (g) | 23.5 |
| Salt (g) | 0.7 |

*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! Drizzle the cooked pasta with a bit of oil to prevent it from sticking.



2 Prep

Meanwhile, peel and mince the **garlic**. Peel and finely slice the **red onion**. Using a peeler, peel the **zucchini**, then continue peeling until you are left with a pile of **zucchini ribbons**. Chop the **cherry tomatoes** in half. Deseed and finely slice the **yellow pepper**. Slice the **lemon** into wedges.



3 Fry veg

Heat a large pan over a medium-high heat with a drizzle of **olive oil**. Once hot, add the **onion** with a pinch of **salt** and fry for 3 min. Add the **zucchini ribbons, peppers** and **tomatoes** and fry for 3 min further. Add the **garlic**. Fry for 1 min further. Add the **measured water** and the **vegetable stock cube** and simmer for 3 min further.



4 Make sauce

Add the **spinach** and cook for 2-3 min. Reduce the heat to low and add the **vegan butter**. Mix well until the **vegan butter** has melted and the **sauce** starts to slightly thicken.



5 Add pasta

Add the cooked **pasta**, a squeeze of **lemon juice** to taste (reserve the rest for garnish) and toss. Remove from the heat and season with **salt, pepper** and a pinch of the **chilli flakes (spicy!)**.

Tip! Sensitive to spice? Go easy on the chilli flakes.



6 Serve

Pick the **basil** leaves and tear over the **pasta**. Divide the **pasta** among plates and drizzle with any remaining **lemon garlic butter sauce** on top. Garnish with the remaining **lemon wedges**.