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Speedy Smoked Mackerel Pasta

We love getting suggestions in about what ingredients you would like us to use and what recipes you would like us to make! Recently our lovely customer Henrietta requested more wholegrain ingredients... so we whipped this up! A combination of delicious smoked mackerel from James Knight with our amazing Delverde pasta, and some other bits and bobs to make it extra special! Here's to all the wholegrain fans!



25 mins



Echalion Shallot



Garlic Clove



Leek



Cherry Tomatoes



Courgette



Smoked Mackerel Fillet



Crème Fraîche



Wholegrain Mustard



Wholegrain Tagliatelle



Vegetable Stock Pot




Parmesan



Lemon

Ingredients

	2P	4P
Echalion Shallot, chopped	1	2
Garlic Clove, chopped	1	2
Leek, sliced	1	2
Cherry Tomatoes, halved	1 punnet	2 punnets
Courgette, sliced	1	2
Smoked Mackerel Fillet 1	1	2
Crème Fraîche 2	1 small pot	1 large pot
Wholegrain Mustard 3	1 tsp	2 tsp
Wholegrain Tagliatelle 4	250g	500g
Vegetable Stock Pot 5	½	1
Parmesan 2	2 tbsp	4 tbsp
Lemon	½	1

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

- 1)** Fish | **2)** Milk
3) Mustard | **4)** Gluten
5) Celery

Nutrition per serving: Calories: 794 kcal | Protein: 34 g | Carbs: 96 g | Fat: 32 g | Saturated Fat: 20 g



1 Bring a large pot of water to the boil and pre-heat your oven to 180 degrees. Peel and chop the shallot into small ½cm pieces and peel and chop the garlic. Cut the root and the green bit off your leek, slice in half lengthways and then finely cut into ½cm slices. Cut your cherry tomatoes in half, cut your courgette in half lengthways and then cut into 1cm thick half moon slices.



2 Put your cherry tomatoes and courgette on a baking tray with 1 tbsp of olive oil, ¼ tsp of salt and a grind of pepper. Pop them on the top shelf of the oven and roast them for 15 mins. The veggies are done when the tomatoes are soft and the courgettes are cooked but still with a slight bite.



3 Put 1½ tbsp of oil in a saucepan on a medium heat and add your shallot, garlic and leeks. Cook for about 5 mins until softened then roughly break up your mackerel fillets and add them to the pan along with the crème fraîche and mustard. Give the sauce a good stir to break up the mackerel a little more so

everything is nicely combined, then take off the heat.

4 Add your pasta to the boiling water with half the stock pot and let it bubble away on a rapid boil for about 6 mins until 'al dente' (i.e. it is cooked through but there is just a hint of firmness left in the middle).

5 Halfway through your pasta cooking time, add 4 tbsp of water from your pasta pot to the mackerel sauce, put the pan back on a medium heat and allow it to bubble away for a couple of mins until it is nice and hot, then set aside until your veggies and pasta are cooked.

6 When the pasta is cooked, drain it, put it back in the pot and pour the mackerel sauce over. When the vegetables are roasted get them out of the oven and add them to the pasta pot. Add 1 tbsp of lemon juice and grate half your parmesan over the mixture. Stir it all together gently until nicely combined and serve in bowls with the rest of the parmesan grated on top. Enjoy!



Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!