



Creamy Fish Pasta Bake

with Broccoli



HELLO LEEK

The Roman Emperor Nero believed eating leeks would improve his singing voice.



Leek



Broccoli



Wheat Penne



Crème Fraîche



Vegetable Stock Powder



Smoked Fish Pie Mix



Italian Style Grated Hard Cheese

MEAL BAG

Hands on: **15** mins
Total: **35** mins

2 of your
5 a day

18 Family Box

Chef Lizzie's delicious creamy fish pasta bake is a quick and easy recipe, perfect for any night of the week. Smoked fish and leeks are gently combined in a velvety creme fraiche sauce, before the wheat pasta is stirred through. Finish everything off by covering the wheat pasta mix with cheese and broccoli, and baking it until the top looks golden and bubbly.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a two **Large Saucepans**, **Colander**, **Measuring Jug** and **Ovenproof Dish**. Now, let's get cooking!



1 GET PREPPED

Preheat your oven to 200°C and pop a large saucepan of water with a generous pinch of salt on to boil for the wheat pasta. Remove the root and tough dark green leaves from the **leek**. Cut it in half lengthways and then thinly slice. Chop the **broccoli** into florets (like small trees).



2 COOK THE WHEAT PASTA

Add the **wheat penne** to the pan of boiling water. When the **wheat penne** has been cooking for 6 mins, add the **broccoli** to the pan, bring back to the boil and cook for another 4 mins. Once the **wheat pasta** and **broccoli** are cooked, drain in a colander, pop them back into the pan off the heat and stir in **half of the crème fraîche**. Season with a good pinch of **salt** and a generous grind of **black pepper**. Keep to one side.



3 START THE SAUCE

While your wheat pasta cooks, heat a splash of **oil** in another large saucepan over medium heat. When hot, add the **chopped leeks** and cook until soft, 4-5 mins. Stir occasionally.



4 ADD THE FISH

Season the **leek** generously with **black pepper** then stir in the remaining **crème fraîche**. Add the **stock powder** and **water** (see ingredients for amount) and stir to dissolve the **stock powder**. Add the **fish pie mix** and stir gently to make sure all the **fish** is coated in the **sauce**.



5 BAKE IT!

Transfer the **creamy fish mix** to an ovenproof dish. Spread the **wheat pasta** and **broccoli** on top, sprinkle on the **Italian style grated hard cheese** and bake for 15 mins.

★ **TIP:** If it looks like your pasta is becoming too brown, simply cover it with foil for the last 5 mins. ⚠ **IMPORTANT:** The fish is cooked when opaque in the centre.



6 SERVE

Once your **fish wheat pasta bake** is golden on top remove it from the oven and leave it to sit for a minute or two. Spoon into bowls. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Leek *	1	2	2
Broccoli *	½	1	1
Wheat Penne 13)	200g	300g	400g
Crème Fraîche 7) *	1 pouch	1½ pouches	2 pouches
Vegetable Stock Powder 10)	½ sachet	¾ sachet	1 sachet
Smoked Fish Pie Mix 4) 5) *	215g	320g	425g
Italian Style Grated Hard Cheese 7) 8) *	1 pack	1 pack	1 pack
Water*	50ml	75ml	100ml

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 471G	PER 100G
Energy (kJ/kcal)	3368 / 805	715 / 171 kcal
Fat (g)	35	7
Sat. Fat (g)	19	4
Carbohydrate (g)	84	18
Sugars (g)	9	2
Protein (g)	45	10
Salt (g)	1.02	0.22

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish 5) Crustaceans 7) Milk 8) Egg 10) Celery 13) Gluten

Wheat Penne Pasta. Ingredients: Durum **wheat** semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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Packed in the UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

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