



Creamy Seafood Pasta Bake



HELLO

Fun Fact



Leek



Broccoli



Penne



Unsalted Butter



Crème Fraîche



Fish Stock Powder



Smoked Fish Pie Mix



Hard Italian Cheese

MEAL BAG

- Total: **35** mins
- Hands-on: **10** mins
- 1.5** of your **5** a day
- Family box

Super quick, no faff fishy pasta bake. Put your feet up when the bake is in the oven and expect many compliments around the dinner table.

BEFORE YOU START

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



1 GET PREPPED

Start by pre-heating your oven to 200 degrees and popping a large pot of **water** onto boil with a generous pinch of **salt**. Remove the root and tough dark green leaves from the **leek**. Cut it in half lengthways and then slice it into the thinnest half moon shapes you can muster! Chop the **broccoli** down into small **florets** (small trees) and then chop your **chives** as small as you can (snip them with scissors if you prefer).



2 COOK THE PASTA

When the water is boiling, add the **penne**. When the **penne** has been cooking for 3 mins, add the **broccoli** to the pan and cook for another 4 mins. When both the **pasta** and **broccoli** are cooked, drain in a colander and pop them back into the pan. Mix in **half** the **butter** and season with a good pinch of **salt** and a generous grind of **pepper**. Keep to one side.



3 SAUTEE THE LEEK

While your **pasta** cooks, heat a wide saucepan over medium heat and add the rest of your **butter**. When the **butter** has melted, add your chopped **leeks** and cook for 4-5 mins or until the **leeks** have softened.



4 COOK THE FISH

Season your **leeks** with a generous grind of **black pepper** and then stir in the **crème fraiche**. Add the **fish stock powder** (only use half) and stir to dissolve. Add your **fish mix**, stir gently to make sure all the **fish** is coated in the **sauce**.



5 BAKE THE BAKE!

Transfer the **creamy fish mix** to an ovenproof dish. Spread the **pasta** and **broccoli** on top, sprinkle on the **hard Italian 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.*



6 SERVE

When your **fish bake** is golden on top remove it from the oven and leave it to sit for a minute or two. Sprinkle on your chopped chives, spoon into bowls. **Enjoy!**

4 PEOPLE INGREDIENTS

Leek, sliced	1
Broccoli, florets	1
Penne	250g
Unsalted Butter 7)	60g
Crème Fraîche 7)	1 large pot
Fish Stock Powder 4) 10)	1 tsp
Smoked Fish Pie Mix 4)	425g
Hard Italian Cheese 7)	40g

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 369G	PER 100G
Energy (kcal)	649	176
(kJ)	2715	735
Fat (g)	32	9
Sat. Fat (g)	21	6
Carbohydrate (g)	49	13
Sugars (g)	6	2
Protein (g)	39	11
Salt (g)	0.84	0.23

ALLERGENS

4) Fish 7) Milk 10) Celery

Fish Stock Powder: Fish Stock (Water, **Fish**, Onion, **Celeriac**, Leek, Carrot Extract, Spice, Herb), Salt, Maltodextrin, Yeast Extract, Rapeseed Oil.

Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between use.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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