



More Than Food
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Spaghetti with Creamy Smoked Salmon and Crispy Broccoli

Salmon is one of our favourite ingredients, not only is it delicious, it is choc-full of healthy fats. Oily fish, like salmon, are the best dietary sources of omega 3 fatty acids which are essential for healthy brain function and eye health. These fats are also anti-inflammatory which helps prevent chronic conditions like heart disease, diabetes and arthritis.

 30 mins

 1.5 of your 5 a day

 spicy

 family box

 mealkit



Echalion Shallot (2)



Broccoli (1)



Chives (2 bunches)



Garlic Clove (2)



Red Chilli (1)



Hot Smoked Salmon Fillet (2)



Spaghetti (330g)



Vegetable Stock Pot (1)



Water (300ml)



Crème Fraîche (1 pot)



Lemon (1)

4 PEOPLE INGREDIENTS

- Echalion Shallot, chopped **2**
- Broccoli, sliced **1**
- Chives, chopped **2 bunches**
- Garlic Clove, grated **2**
- Red Chilli, chopped **1**
- Hot Smoked Salmon Fillet **2**
- Spaghetti **330g**
- Vegetable Stock Pot **1**
- Water **300ml**
- Crème Fraîche **1 pot**
- Lemon **1**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

When preparing chives, use a sharp knife or scissors and cut gently. Using a dull knife or over-chopping will bruise the herb and much of the flavour will be misplaced onto the cutting board surface.

Allergens: Milk, Fish, Gluten, Celery, Sulphites.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	723 kcal / 3036 kJ	29 g	13 g	75 g	7 g	36 g	3 g
Per 100g	188 kcal / 783 kJ	9 g	3 g	16 g	2 g	8 g	1 g

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains Sulphites), Stabiliser [Tara Gum], Celery Salt, Celery Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

1



1 Cut the **shallot** in half through the root, peel and chop into roughly ½cm pieces. Cut the **broccoli** into florets (so mini trees!). Slice each floret into four pieces. Roughly chop the **chives** (or use scissors if you want!). Peel and grate the **garlic** (or use a garlic press if you have one). Cut the **chilli** in half lengthways, remove the seeds and finely chop.

2 Put a large pot of water on to boil with a good pinch of **salt** (in preparation for your pasta).

3 Remove the skin from the **salmon** then put the flesh in a bowl. Pull your **salmon** apart with two forks.

4 Add the **spaghetti** to the boiling water and cook for 11 mins until 'al dente'.
Tip: *'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle - if it's not quite there yet, just cook for a little longer.* Once cooked, drain into a colander then return to the pot off the heat. Add a drizzle of **olive oil** to stop it sticking together.

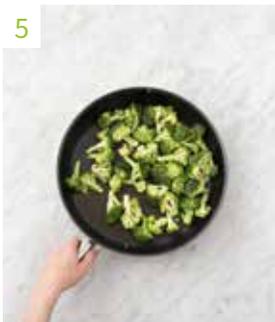
5 Whilst your pasta cooks, put a frying pan on medium-high heat with a drizzle of **oil**. Once hot, add your **broccoli**, a good pinch of **salt** and a grind of **black pepper**. Cook for 7-8 mins until your **broccoli** is slightly brown and crispy, then remove from the pan.

6 Add another drizzle of **oil** to the pan (no need to wash) and turn the heat down slightly to medium. Add your **shallot** and cook for 4 mins, then add the **garlic** and **chilli** (add less if you're not a fan of spice) and cook for 1 minute more.

7 Add the **vegetable stock pot** to the pan along with the **water** (amount specified in the ingredient list). Bring to the boil, making sure the **stock pot** has dissolved. Simmer for 2 mins, then stir in the **crème fraîche**. Add a good pinch of **salt**, and a grind of **black pepper** and bring to the boil again. Lower the heat and simmer for another 2 mins.

8 Squeeze in some **lemon juice** (according to taste), then add your **salmon**, **broccoli** and **chives** to the pan. Stir together then take off the heat. Pour your **sauce** into your **pasta** and mix together. Serve in bowls and enjoy!

5



7



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