



AUG
2016

Lemony Rainbow Trout & Cacio e Pepe Linguine with Crispy Broccoli, Burst Tomatoes, and Chilies

Cacio e Pepe means cheese and pepper in Italian, and usually refers to a simple pasta dish consisting of just Parmesan, salt, and freshly cracked black pepper. We're adding trout, tender broccoli and burst tomatoes as a healthy twist to make this unbeatable pasta dinner.

 Prep
30 min

 level 1

 make me
first



Rainbow Trout



Linguine



Broccoli Florets



Parmesan Cheese



Lemon



Garlic




Grape Tomatoes



Chili Flakes

Ingredients

Rainbow Trout fillets	1)	4
Linguine	2)	1 pkg (340 g)
Broccoli Florets		1 pkg (340 g)
Parmesan Cheese, shredded	3)	1 pkg (¼ cup)
Lemon		1
Garlic		4 cloves
Chili Flakes 		1 pkg (1 tsp)
Grape Tomatoes		1 pkg (227 g)
Butter*	3)	3 tbsp
Olive or Canola Oil*		

4 People

*Not Included

Allergens

- 1) Fish/Poisson
- 2) Wheat/Blé
- 3) Milk/Lait

Tools

Baking Sheet, Large Pot, Large Pan, Strainer, Zester, Measuring Cups, Measuring Spoons

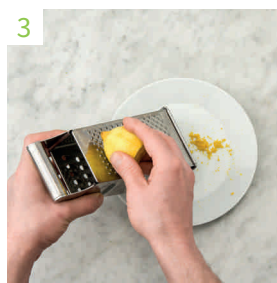
Nutrition per person Calories: 805 cal | Carbs: 75 g | Fat: 32 g | Protein: 57 g | Fiber: 9 g | Sodium: 283 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

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3



1 Preheat your oven to 400°F and start prepping when your oven comes up to temperature!

2 Roast the veggies: Wash and dry all produce. Toss the **tomatoes** and **broccoli** on a baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Roast in the centre of the oven until **tomatoes** burst and **broccoli** is tender-crisp, 12-15 min.

5



3 Prep: Meanwhile, bring a large pot of **salted water** to a boil. Zest, then halve the **lemon**. Mince or grate the **garlic**.

4 Cook the pasta: When the water starts to boil, add the **linguine**. Cook for 8-10 min, until al dente. Reserve **½ cup pasta water**, then drain the pasta.

6



5 Cook the fish: Meanwhile, heat a drizzle of **oil** in a large pan over medium-high heat. Pat the **fish** dry with paper towels and season with **salt** and **pepper**. Add the **fish** to the pan and cook for 3-4 min per side, until just opaque in the middle. Set aside on a plate.

6 In the same pan, melt the **butter** with the **garlic** over medium heat until it starts to sizzle. Add the **pasta, lemon zest, Parmesan, broccoli, tomatoes**, and reserved **pasta water** into the pan and toss to combine. Stir to warm through, 1-2 min. Season with **salt** and **pepper**.

7 Finish and serve: Serve the **linguine** with the **fish** on top and finish with a squeeze of **lemon juice**. Enjoy!

SERVING TIP: For an adult-friendly meal, sprinkle the **chili flakes** on the pasta after serving the kids!

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