



# CREAMY LEEK & SPAGHETTI

with Pine Nut Pangrattato



Make a pangrattato



Garlic



Parsley



Lemon



Brown Onion



Leek



Green Beans



Pine Nuts



Spaghetti



Panko Breadcrumbs



Chilli Flakes (Optional)



Cooking Cream



Vegetable Stock



Shaved Parmesan Cheese

Hands-on: **25 mins**  
Ready in: **30 mins**  
Spicy (optional chilli flakes)

Maybe you've met our pangrattato before – the crisp and golden scattering of breadcrumbs that elevates a pasta dish into something special. This time, we added toasted pine nuts to the addictive topping, proving that sometimes the best is yet to come.

**Pantry Staples:** Olive Oil, Butter

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:  
 • **medium saucepan** • **large frying pan**



### 1 GET PREPPED

Bring a medium saucepan of salted water to the boil. Finely chop the **garlic** (or use a garlic press). Finely chop the **parsley**. Zest the **lemon** to get **1/4 tsp for 2 people / 1/2 tsp for 4 people**. Halve the lemon. Thinly slice the **brown onion**. Thinly slice the **leek**. Trim the **green beans** and slice into thirds. Heat a large frying pan over a medium-high heat and add the **pine nuts**. Toast, tossing occasionally, for **3-4 minutes** or until golden. Transfer to a small bowl.



### 2 COOK THE SPAGHETTI

Add the **spaghetti** to the saucepan of boiling water and cook for **10 minutes**, or until 'al dente'. Add the **green beans** to the saucepan for the last **2-3 minutes** of cooking time. Reserve a little **pasta water** then drain and return the spaghetti and green beans to the saucepan with a **drizzle of olive oil** to prevent sticking.



### 3 MAKE THE CRUMB

While the pasta is cooking, return the frying pan to a medium heat with a **generous drizzle of olive oil**. Add the **panko breadcrumbs** (see ingredients list) to the pan and season with **salt and pepper**. Cook, stirring regularly, for **2-3 minutes** or until golden brown. Add the **parsley, lemon zest, 1/2 the garlic** and a **pinch of chilli flakes** (if using) and cook for a further **1-2 minutes** or until fragrant. Season to taste with **salt and pepper**. Transfer to the bowl with the pine nuts and mix well. **TIP:** Add as much or as little lemon zest to taste!



### 4 COOK THE ONION

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion and leek** and cook for **6-7 minutes**, or until softened. Add the **remaining garlic** and cook for **1 minute**, or until fragrant. Add the **butter, salt** and a **pinch of pepper**. Cook, stirring, for **1 minute**, or until the butter has melted.



### 5 BRING IT ALL TOGETHER

Reduce the heat to low and add a **big squeeze of lemon juice**, the **shaved Parmesan cheese** (reserve some for garnish!) and **cooking cream** (see ingredients list) to the pan. Crumble in the **vegetable stock** (**1/2 cube for 2 people / 1 cube for 4 people**). Cook, stirring, for **1 minute**, or until heated through. Add the **spaghetti and green beans** and toss to combine. **TIP:** Add a **dash of reserved pasta water** to loosen if necessary!



### 6 SERVE UP

Divide the creamy leek and Parmesan spaghetti between plates and top with the lemon, parsley and pine nut pangrattato. Serve with any reserved Parmesan.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
parsley	1 bunch	1 bunch
lemon	1	2
brown onion	1	2
leek	1	2
green beans	1 bag (100 g)	1 bag (200 g)
pine nuts	1 packet	2 packets
spaghetti	1 packet	2 packets
panko breadcrumbs	1/2 packet	1/2 packet
chilli flakes (optional)	pinch	pinch
butter*	20 g	40 g
salt*	1/4 tsp	1/2 tsp
cooking cream	1/2 tub (150 ml)	1 tub (300 ml)
shaved Parmesan cheese	1 packet (30 g)	2 packets (60 g)
vegetable stock	1/2 cube	1 cube

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3290kJ (787Cal)	760kJ (182Cal)
Protein (g)	26.4g	6.1g
Fat, total (g)	30.5g	7.1g
- saturated (g)	17.9g	4.1g
Carbohydrate (g)	94.8g	21.9g
- sugars (g)	13.2g	3.1g
Sodium (g)	778mg	180mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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