



ALFREDO STYLE SALMON & DILL PENNE PASTA

with Cos-Cherry Tomato Salad



Thicken a creamy sauce with Parmesan



Garlic



Brown Onion



Parmesan Cheese



Salmon



Penne



Cherry Tomatoes



Cucumber



Cos Lettuce



Dijon Mustard



Thickened Cream



Dill



Vegetable Stock

Hands-on: **25 mins**
Ready in: **35 mins**

Eat me early

Creamy, Alfredo style pasta is always a hit with the whole family and along with scrummy salmon and fresh dill this sauce is sure to satisfy. A little helper can assist in chopping cherry tomatoes in half - just watch they don't try to run away on the cutting board!

Pantry Staples: Olive Oil, Honey, White Wine Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, large saucepan, garlic crusher, fine grater, large bowl, tongs, large frying pan, plate, fork, colander** and **wooden spoon**.



1 GET PREPPED

Put a large saucepan of lightly salted water on to boil. Finely chop the **brown onion**. Peel and crush the **garlic**. Finely grate the **Parmesan cheese**. Pick and roughly chop the **dill** leaves. Halve the **cherry tomatoes**. Slice the **cucumber** into half-moons. Shred the **cos lettuce**. In a large bowl, combine the **balsamic vinegar (for the salad), honey, Dijon mustard (use suggested amount)** and **2 tbs of olive oil**. Season with **salt and pepper** and mix. Just before serving, add the lettuce, tomatoes and cucumber to the bowl and toss to coat.



4 MAKE THE SAUCE

Wipe out the large pan and return it to a medium-high heat with a **drizzle of olive oil**. Add the **brown onion** and cook for **3-4 minutes**, or until soft. Add the **garlic** and cook for **1-2 minutes**, or until fragrant. Add the **white wine vinegar (for the pasta)** and cook for **1 minute**, or until evaporated. Reduce the heat to low and add the **thickened cream** and **Parmesan** (reserve some for garnish!). Crumble in the **vegetable stock** cube and season with **pepper**. Stir for **1 minute**, or until combined.



2 COOK THE SALMON

Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Season the **salmon** fillets with a pinch of **salt** and **pepper** and cook for **3 minutes** on each side, or until cooked. **TIP:** *It is okay for the salmon to be slightly pink on the inside.* Remove from the pan and set aside on a plate. Flake into small pieces with a fork.



5 FINISH THE PASTA

Add the cooked **penne** and flaked **salmon** to the pan and stir through until coated in the sauce. **TIP:** *Do this in the saucepan if your frying pan isn't big enough.* Add the **dill** (if using) (reserve some for garnish!) and stir through. **TIP:** *If your kids don't like dill, remove their portions from the pan before stirring through the dill.*



3 COOK THE PASTA

While the salmon is cooking, add the **penne (use suggested amount in order for your dish to be perfectly balanced, just the way we planned it!)** to the boiling water. Cook for **10 minutes**, or until 'al-dente'. Drain and return to the pan. **Drizzle** with **olive oil** to prevent sticking.



6 SERVE UP

Divide the Alfredo style salmon & dill penne pasta between plates and serve with the cos-cherry tomato salad on the side. Sprinkle the pasta with any reserved Parmesan and dill.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
brown onion	1
garlic	2 cloves
Parmesan cheese	1 block (50 g)
dill (optional)	1 bunch
cherry tomatoes	1 punnet
cucumber	1
cos lettuce	1 bag
white wine vinegar* (for the salad)	1 tbs
honey*	1 tsp
Dijon mustard	½ tub (1 tsp)
salmon	1 packet
penne	¾ packet (400 g)
white wine vinegar* (for the pasta)	1 tbs
thickened cream	1 tub (300 mL)
vegetable stock	1 cube

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3290kJ (785Cal)	718kJ (171Cal)
Protein (g)	35.5g	7.8g
Fat, total (g)	32.6g	7.1g
- saturated (g)	15.0g	3.3g
Carbohydrate (g)	84.8g	18.5g
- sugars (g)	12.8g	2.8g
Sodium (g)	451mg	98mg

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

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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