



SEP
2016

Tasty Rainbow Trout Linguine

with Zucchini Noodles and Red Pepper Pesto

In our humble opinion, rainbow trout is a fish that works well in every season. With the addition of a delicious roasted pepper and chive pesto and zucchini noodles ("zoodles!"), this dish is as much of a work of art for the taste buds as it is for the eyes!



Prep
30 min



level 1



make me
first



Zucchini



Rainbow Trout
Fillets



Linguine



Garlic



Roasted Red
Pepper and Chive
Pesto



Lemon



Parmesan

Ingredients

		2 People	4 People
Rainbow Trout Fillets	1)	2 (285 g)	4 (570 g)
Zucchini		2	4
Linguine	2)	1 pkg (170 g)	2 pkg (340 g)
Garlic		2 cloves	4 cloves
Roasted Red Pepper Pesto	3) 4)	1 pkg (1/3 cup)	2 pkg (2/3 cup)
Lemon		1	1
Parmesan Cheese, shredded	4)	1 pkg (1/4 cup)	2 pkg (1/2 cup)
Olive or Canola Oil*			

*Not Included

Allergens

- 1) Fish/Poisson
- 2) Wheat/Blé
- 3) Tree Nuts/Noix
- 4) Milk/Lait

Tools

Large Pot, Large Non-Stick Pan, Strainer, Zester, Measuring Cups

Nutrition per person Calories: 637 cal | Fat: 25 g | Sat. Fat: 9 g | Protein: 27 g | Carbs: 77 g | Sugar: 8 g | Sodium: 645 mg | Fiber: 6 g

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

Ruler

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1 Prep: Boil a large pot of **salted water**. **Wash and dry all produce**.

Mince or grate the **garlic**. Zest, then halve the **lemon**. Slice a long piece off the side of each **zucchini**. Laying the flat edge on your cutting board, slice lengthwise into 1/4-inch wide slices. Stack them up and carefully cut them into thin strands. (They should look like linguine!)



2 Cook the pasta: Add the **pasta** to the boiling water and cook for 9-10 min, until al dente. Drain, reserving 1/4 cup **pasta water** (double for 4 people).

3 Cook the fish: Meanwhile, season the **trout** with **salt** and **pepper**. Heat a large non-stick pan over medium-low heat. Add a drizzle of **oil**, then the fish to the pan and cook until golden-brown on the outside and opaque in the centre, 3-4 min per side. Transfer the **trout** to a plate and flake into bite-sized pieces.



4 Cook the zucchini: Add another drizzle of **oil** in the same pan. Add the **zucchini** and **garlic**. Cook, stirring occasionally, until **zucchini** is tender and they go a bit floppy, 3-4 min. Add the **pasta**, **lemon zest** and **pesto**. Toss, adding some **reserved pasta water** if pasta mixture is too thick. Season with **salt** and **pepper**. Squeeze over **lemon juice** to taste.



5 Finish and serve: Divide pasta between plates and sprinkle with **Parmesan**. Enjoy!

DID YOU KNOW? Canada's Food Guide recommends eating at least two servings of fish and seafood weekly. Trout is particularly high in Omega-3 fatty acids which have been found to have heart health benefits.

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