

Webfid00185hero garlicfettucine 2

Garlic Fettuccine

with Chargrilled Squid



20-30min



4 Portions

We love a hearty pasta dish and this one is perfect for the warmer weather! The squid is cooked in a flash and tastes wonderful with the cheesy garlic flavours of the pasta.

What we send

- garlic
- shallot
- dried chilli flakes
- squid
- linguine ¹
- baby rocket
- lemon
- parmesan ⁷
- parsley

What you'll require

- olive oil
- salt and pepper

Utensils

- large saucepan
- medium saucepan
- paper towel

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 700.0kcal, Fat 16.4g, Proteins 45.7g, Carbs 89.9g



1. Prepare ingredients

Thinly slice 7 cloves of **garlic** and the **shallot**. Pick the **parsley** leaves (discard the stems) and finely chop half. Grate the **parmesan**. Juice half the **lemon** and cut the remaining half into wedges. Coarsely chop the **rocket**.



2. Prepare squid

Wash the **squid** and pat dry with paper towel. Cut the tube in half so that you have two equal-sized pieces. Rub with 1 tbs **oil** and $\frac{1}{3}$ of the **garlic**. Season well with **salt**. Bring a large saucepan of salted water to the boil for the pasta.



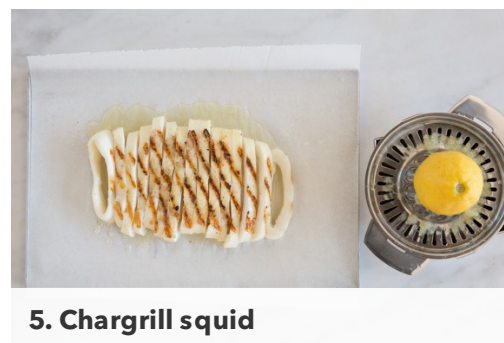
3. Make sauce

Heat 60ml ($\frac{1}{4}$ cup) **oil** in a medium saucepan over medium heat. Cook **shallot** and remaining **garlic** for 6 mins or until garlic is softened but not coloured. Remove from heat. Place the **rocket**, **parmesan**, **unchopped parsley leaves**, 2 tbs **lemon juice** and **shallot mixture** in a small food processor and process until mixture is combined and resembles a coarse paste.



4. Cook pasta

Cook the **pasta** in the boiling water for 9 mins or until al dente. Reserve 125ml ($\frac{1}{2}$ cup) cooking liquid then drain the pasta. Return the pasta to the pan to keep warm.



5. Chargrill squid

Meanwhile, heat a chargrill pan over high heat. Chargrill the **squid** for 2-3 mins each side until cooked through and charred. Remove from the pan. Cut into strips and drizzle with the remaining **lemon juice**.



6. Finish pasta

Add the **rocket mixture** to the pasta and toss to coat. You may need to add a little of the reserved pasta water to mix smoothly. Top **linguine** with the **squid** and serve with **lemon wedges**. Sprinkle the adults' serves with the chopped **parsley** and **dried chilli flakes** to taste - be careful, they are hot!

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from imported
ingredients