Black Pepper Basa Tagliatelle

with courgette and tarragon

10 – 15 mins

15

Basa

Courgette

Onion

Fresh Tagliatelle

Garlic

Tarragon

Stock

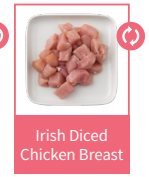
Carrot

Creme Fraiche

Cracked Black Pepper

Basa

Prawns



Irish Diced Chicken Breast

Pantry Items: Oil, Salt, Pepper, Water

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2025-W35

Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Cooking tools you will need

Colander, grater

Ingredients

	2P	4P	6P
Basa	240 g	480 g	720 g
Courgette	1 unit	2 units	3 units
Onion	1 unit	2 units	3 units
Fresh Tagliatelle	250 g	500 g	750 g
Garlic	2 units	4 units	6 units
Tarragon	5 g	10 g	15 g
Stock	2 sachets	4 sachets	6 sachets
Carrot	1 unit	2 units	3 units
Creme Fraiche	110 g	220 g	330 g
Cracked Black Pepper	2 sachets	4 sachets	6 sachets
Basa	480 g	960 g	1440 g
Prawns	150 g	300 g	450 g
Irish Diced Chicken Breast	260 g	520 g	780 g

Nutrition

for uncooked ingredient	Per 100 g	Recipe 1 Per 100 g	Recipe 2 Per 100 g	Recipe 3 Per 100 g
Energy (kJ/kcal)	509.6 kJ/ 121.8 kcal	485 kJ/ 116 kcal	506 kJ/ 121 kcal	525 kJ/ 125 kcal
Fat (g)	3.6 g	3.2 g	3.7 g	3.6 g
Sat. Fat (g)	1.8 g	1.6 g	1.9 g	1.8 g
Carbohydrate (g)	15.4 g	12.7 g	16.7 g	15.1 g
Sugars (g)	1.8 g	1.5 g	1.9 g	1.7 g
Protein (g)	7.3 g	9.3 g	5.6 g	8.7 g
Salt (g)	0.4 g	0.3 g	0.6 g	0.4 g

See site or app for detailed nutritional info.

Allergens

For allergen information please refer to the website or individual ingredient labels.

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1

Get Prepped

- Boil a large pot of **salted water** for the **tagliatelle**.
- Halve, peel and thinly slice the **onion**.
- Peel and grate the **garlic** (or use a garlic press).
- Pick the **tarragon** leaves from their stalks and finely chop (discard the stalks).
- Trim and roughly grate the **courgette** and **carrot** (no need to peel).

TIP: *If you're in a hurry you can boil the water in your kettle.*

2

Fry the Basa

- Place a pan over medium-high heat with a drizzle of **oil**.
- Pat the **basa** dry with kitchen paper, toss with the **cracked black pepper** and season with **salt**.
- Once hot, lay the **fillets** into the pan and cook for 4-5 mins. Turn over and cook on the other side for a further 4-5 mins. IMPORTANT: Wash hands and equipment after handling raw fish. Fish is cooked when opaque in the middle.

3

Cook the Veg

- While the **fish** cooks, place a separate large pan over medium-high heat with a drizzle of **oil**.
- Fry **onion** and **garlic** until fragrant, 2-3 mins.
- Add **courgette** and **carrot** and fry for 3-4 mins until softened. Season with **salt** and **pepper**.

4

Make the Pasta

- When the **water** is boiling, add the **tagliatelle** and bring back to the boil.
- Cook until softened, 3-4 mins. Once cooked, reserve some of the **pasta water** and drain the rest in a colander and pop back in the pot, off the heat.
- Drizzle with **oil** and stir through to prevent sticking.

5

Finish the Sauce

- Add **creme fraiche**, **stock**, **half** the **tarragon** and the **pasta** to the veg and allow to warm through.
- Add a splash of **pasta water** to loosen the sauce if required.
- Taste and season with **salt** and **pepper**.

TIP: *Add the tarragon a little at a time, tasting as you go.*

6

Dish Up

- Divide the creamy **tagliatelle** between plates.
- Top with the back **pepper basa**.
- Sprinkle remaining **tarragon** over the top.

Enjoy!

CUSTOM OPTIONS

PRAWNS
Swapping to prawns? Add to the hot pan, season as instructed and fry until cooked through, 4-5 mins.

IRISH DICED CHICKEN BREAST
Swapping to diced chicken? Add to the hot pan, season as instructed and fry until cooked through, 8-10 mins.