



Easy King Prawn and Chorizo Tagliatelle

with Parmigiano Reggiano and Garlic Baguette

38

3 Step Prep | Prep Time: 5 Minutes • Cook Time: 10-15 Minutes • 1 of your 5 a day



Demi Garlic Baguettes



Diced Chorizo



King Prawns



Creme Fraiche



Tomato Passata



Red Wine Jus Paste



Fresh Tagliatelle



Parmigiano Reggiano

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray and saucepan.

Ingredients

Ingredients	2P	3P	4P
Demi Garlic Baguettes** 13)	2	3	4
Diced Chorizo**	90g	120g	180g
King Prawns** 5)	150g	225g	300g
Creme Fraiche** 7)	150g	225g	300g
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Jus Paste 10) 14)	22g	37g	44g
Fresh Tagliatelle** 8) 13)	200g	300g	400g
Parmigiano Reggiano** 7)	40g	60g	80g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	250ml	375ml	500ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	4697 /1123	714 /171
Fat (g)	65.5	10
Sat. Fat (g)	30.2	4.6
Carbohydrate (g)	92.3	14.0
Sugars (g)	14.5	2.2
Protein (g)	48.1	7.3
Salt (g)	6.25	0.95

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

5) Crustaceans 7) Milk 8) Egg 10) Celery 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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1



2



3



Get Started

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Place the **garlic baguettes** onto baking tray. Bake on the middle shelf, 10-15 mins.
- Meanwhile, heat a drizzle of **oil** in a saucepan on high heat.
- Once hot, fry the **chorizo** and **prawns** for 2 mins. **IMPORTANT:** Wash hands and utensils after handling raw prawns.

Sauce Time

- Reduce the heat to medium. Stir in the **creme fraiche**, **passata**, **red wine jus paste**, **sugar** and **water for the sauce** (see pantry for both). **TIP:** If your red wine jus paste has hardened, pop it in a bowl of hot **water** for 1 min.
- Bring to a boil, then reduce the heat to a simmer.
- Stir in the **tagliatelle**. Simmer, 5-6 mins. **IMPORTANT:** Cook so the prawns are pink outside and opaque inside.
- Next, stir in **half** the **cheese**. Season with **salt** and **pepper**. Add a splash of **water** if needed.

Dinner's Ready!

- Share the **tagliatelle** between your bowls.
- Sprinkle over the remaining **cheese**.
- Slice and serve the **garlic baguettes** alongside.

Enjoy!