



# Creamy Tomato and Chilli Tuna Spaghetti

with Courgette and Cheese

41

Classic 30-35 Minutes • Mild Spice • 2 of your 5 a day



Spaghetti



Garlic Clove



Lemon



Courgette



Skipjack Tuna  
in Water



Tomato Puree



Vegetable Stock Paste



Creme Fraiche



Grated Hard Italian  
Style Cheese



Chilli Flakes



Wild Rocket



King Prawns

#### Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

#### + Add King Prawns

If you chose to add king prawns,  
then just follow the instructions  
on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Saucepan, garlic press, colander and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	5	6
Lemon**	1	1½	2
Courgette**	1	1½	2
Spaghetti <b>13)</b>	180g	270g	360g
Skipjack Tuna in Water <b>4)</b>	1 tin	1½ tins	2 tins
Tomato Puree	30g	45g	60g
Vegetable Stock Paste	10g	15g	20g
Creme Fraiche** <b>7)</b>	75g	120g	150g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	20g	30g	40g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Wild Rocket**	20g	30g	40g
King Prawns** <b>5)</b>	225g	225g	450g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	150ml	225ml	300ml
Olive Oil for the Dressing*	½ tbsp	¾ tbsp	1 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>514g</b>	<b>100g</b>	<b>627g</b>	<b>100g</b>
Energy (kJ/kcal)	2683 / 641	522 / 125	2932 / 701	468 / 112
Fat (g)	19.7	3.8	20.3	3.2
Sat. Fat (g)	10.0	1.9	10.3	1.6
Carbohydrate (g)	82.3	16.0	82.3	13.1
Sugars (g)	13.3	2.6	13.3	2.1
Protein (g)	35.3	6.9	48.7	7.8
Salt (g)	1.84	0.36	3.36	0.54

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

## Allergens

**4)** Fish **5)** Crustaceans **7)** Milk **8)** Egg **13)** Cereals containing gluten

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

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## Start the Prep

Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **spaghetti**.

Peel and grate the **garlic** (or use a garlic press). Cut the **lemon** into wedges.

Trim the **courgette** and slice into 1cm thick rounds.



## Simmer the Sauce

Heat a drizzle of **oil** in the (now empty) frying pan on medium-high heat.

Once hot, add the **garlic**. Stir-fry until fragrant, 30 secs.

Once fragrant, add the **tomato puree** to the **garlic**. Stir-fry for 1 min. Add the **vegetable stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts), then stir in the **tuna**.

Bring to the boil, then simmer the **sauce** until thickened slightly, 3-4 mins.

### + Add King Prawns

Drain the **prawns**, then add them to the pan before the **garlic**. Stir-fry, 2-3 mins, then add the **garlic**. The **prawns** will cook through while simmering. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.



## Cook the Spaghetti

When boiling, add the **spaghetti** to the **water** and bring back to the boil. Cook until tender, 8 mins.

Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



## Time to Combine

Once the **sauce** has thickened, stir in the **creme fraiche** until combined.

Add the **drained spaghetti**, **charred courgette**, **cheese** and **chilli flakes** (add less if you'd prefer things milder). Stir well to combine. Remove the pan from the heat and add a generous squeeze of **lemon juice** from a **lemon wedge**.

Taste the **pasta** and **sauce** and season with **salt**, **pepper** and more **lemon juice** if needed. Add a splash of **water** if it's a little too thick.



## Char the Courgette

Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **courgette** and cook until charred, 3-4 mins each side. Once cooked, season with **salt** and **pepper**, then remove from the heat.

Transfer the **charred courgette** to a plate. Give the frying pan a quick wipe clean.

Meanwhile, drain the **tuna**.



## Serve

When everything's ready, in a large bowl, combine the **rocket leaves** with the **olive oil for the dressing** (see pantry for amount) and a squeeze of **lemon juice**.

Divide the **spaghetti** and **sauce** between your bowls. Add a handful of **rocket leaves** on top to finish.

## Enjoy!