



Creamy Feta & Prawn Penne

with Garlicky Courgettes

RAPID 20 Minutes • 1.5 of your 5 a day

N° 17



Penne Pasta



Courgette



Onion



Garlic Clove



Tomato Puree



Feta Cheese



King Prawns

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Saucepan, Colander, Large Frying Pan, Fine Grater (or Garlic Press) and Measuring Jug.

Ingredients

	2P	3P	4P
Penne Pasta 13)	200g	300g	400g
Courgette**	1	1½	2
Onion**	1	1	2
Garlic Clove**	2 cloves	3 cloves	3 cloves
Tomato Puree	1 sachet	2 sachets	2 sachets
Water for the Sauce*	200ml	300ml	400ml
Feta Cheese 7)**	1 block	1½ blocks	2 blocks
King Prawns 5)**	150g	250g	300g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	427g	100g
Energy (kJ/kcal)	2644/632	619/148
Fat (g)	14	3
Sat. Fat (g)	9	2
Carbohydrate (g)	88	21
Sugars (g)	15	4
Protein (g)	37	9
Salt (g)	2.15	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 7) Milk 13) Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Cook the Pasta

- Fill and boil your kettle.
- Once boiled, pour the **water** into a saucepan, add ½ tsp **salt** for the **pasta**.
- Add the **penne** and simmer until cooked, 12 mins.
- Once cooked, drain in a colander, pop back in the pan and add a little **olive oil** to stop the **pasta** sticking together.



4. Make the Feta Sauce

- Add another splash of **oil** to the pan and pop back on a medium high heat.
- When hot, add the chopped **onion** and fry, stirring frequently until softened, 4-5 mins.
- Add the **tomato puree** and **water** (see ingredients for amount), and stir to combine.
- Bring to the boil then reduce the heat and simmer until slightly reduced, 2-3 mins.
- Crumble **three quarters** of the **feta** into the **sauce**, stir until it has melted in.
- Simmer gently, stirring until the **sauce** is smooth and has reduced slightly, 5-6 mins.



2. Get Prepped

- Whilst the **pasta** cooks, trim the **courgette**, then quarter lengthways. Chop widthways into small pieces.
- Heat a splash of **oil** in a large frying pan over a medium high heat.
- When hot, add the **chopped courgette** and fry, stirring frequently until it begins to soften, 3-5 mins.



5. Finish the Sauce

- Once the **feta** has melted and the **sauce** is smooth, add the **prawns**.
- Cook the **prawns** in the **sauce** stirring gently, 3-5 mins. **IMPORTANT:** The prawns are cooked when **pink on the outside and opaque in the middle**.
- Then add the cooked **courgette** and **garlic** and stir through.



3. Garlicky Courgettes

- Whilst the **courgette** cooks, halve, peel and chop the **onion** into small pieces.
- Peel and grate the **garlic** (or use a **garlic press**).
- Add the **garlic** and cook for a further 1-2 mins.
- Remove the **courgette** and **garlic** from the pan and transfer to a plate for later.



6. Plate up

- Add the **cooked pasta** to the **sauce** and combine, taste and add **salt** and **pepper** if you feel it needs it. **TIP:** Add a splash of **water** if the liquid has evaporated too much.
- Divide between your bowls.
- Sprinkle the remaining **feta** on-top of each portion.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.