



Creamy Lemon King Prawn Linguine

with Samphire, Roasted Tomatoes, Spinach and Capers

Premium 20-25 Minutes • 1 of your 5 a day

30



Linguine



Baby Plum Tomatoes



Red Onion



Garlic Clove



Lemon



Samphire



Vegetable Stock Paste



King Prawns



Creme Fraiche



Capers



Baby Spinach

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Saucepan, baking tray, garlic press, bowl and colander.

Ingredients

Ingredients	2P	3P	4P
Linguine 13)	180g	270g	360g
Baby Plum Tomatoes	125g	250g	250g
Red Onion**	1	1	2
Garlic Clove**	1	2	2
Lemon**	½	¾	1
Samphire**	40g	60g	80g
Vegetable Stock Paste 10)	10g	15g	20g
King Prawns** 5)	225g	300g	450g
Crème Fraîche** 7)	150g	225g	300g
Capers**	15g	30g	30g
Baby Spinach**	100g	100g	200g

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2733 / 653	527 / 126
Fat (g)	25.7	5.0
Sat. Fat (g)	11.4	2.2
Carbohydrate (g)	79.6	15.4
Sugars (g)	13.0	2.5
Protein (g)	34.3	6.6
Salt (g)	3.09	0.60

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

Allergens

5) Crustaceans **7)** Milk **10)** Celery **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, 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



Roast the Tomatoes

Preheat your oven to 200°C/180°C fan/gas mark 6.

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

Pop the **tomatoes** onto a baking tray. Drizzle with **oil** and season with **salt** and **pepper**.

When the oven is hot, roast on the middle shelf until they're softened and starting to burst, 12-15 mins, then remove from the oven.

4



Make your Creamy Sauce

Stir the **water for the sauce** (see ingredients for amount) and **veg stock paste** into the **onion** pan.

Bring to a simmer, then add the **prawns** and cook for 4-5 mins until almost cooked.

Stir through the **crème fraîche** and a squeeze of **lemon juice**. Season to taste with **salt** and **pepper**.

Simmer for 1 min, adding a splash of **water** if it gets too thick. **IMPORTANT:** Wash your hands after handling raw prawns and their packaging. The prawns are cooked when pink on the outside and opaque in the middle.

2



Get Prepped

Meanwhile, halve, peel and chop the **red onion** into small pieces.

Peel and grate the **garlic** (or use a garlic press). Halve the **lemon**.

5



Combine and Stir

Pop the **roasted tomatoes** into a medium bowl, mix through the **capers** and a drizzle of **oil**, then set aside.

When the **pasta** has finished cooking, add the **spinach** to a colander, then drain the **linguine** and **samphire** into the colander on top of the **spinach** to wilt it.

Stir the **spinach**, **samphire** and **linguine** into the **sauce** until everything's piping hot, 1-2 mins.

3



Cook the Pasta

When your pan of **water** is boiling, add the **linguine** and bring back to the boil. Cook until tender, 12 mins. Add the **samphire** to the pan for the final 4 mins of cooking time.

Meanwhile, heat a drizzle of **oil** in a large saucepan on medium heat.

Once hot, add the **onion** and cook, stirring, until softened, 2-3 mins.

Add the **garlic** and cook for 1 min more.

6



Finish and Serve

Taste your **creamy pasta** and add another squeeze of **lemon juice** if needed. Cut any remaining **lemon** into **wedges**.

Share the **linguine** between your plates and spoon over the **tomatoes** and **capers**.

Serve with a **lemon wedge** alongside.

Enjoy!