



Creamy Lemony King Prawn Linguine

with Samphire, Roasted Tomatoes, Spinach and Capers

N° 13

PREMIUM 20 Minutes • 1 of your 5 a day



Premium Tomatoes



Echalion Shallot



Garlic Clove



Lemon



Linguine



Samphire



Vegetable Stock Powder



King Prawns



Crème Fraîche



Capers



Baby Spinach

Before you start

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

Basic cooking tools you will need:

Two Large Saucepans, Baking Tray, Fine Grater (or Garlic Press), Measuring Jug and Colander.

Ingredients

	2P	3P	4P
Premium Tomatoes	1 small pack	1 large pack	1 large pack
Echalion Shallot**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Lemon**	½	¾	1
Linguine 13	200g	300g	400g
Samphire**	1 pack	1½ packs	2 packs
Water for the Sauce*	50ml	75ml	100ml
Vegetable Stock Powder 10	1 sachet	1½ sachets	2 sachets
King Prawns 5 **	180g	280g	360g
Crème Fraîche 7 **	150g	225g	300g
Capers	1 small pot	1 large pot	1 large pot
Baby Spinach**	1 small bag	1 large bag	1 large bag

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	483g	100g
Energy (kJ/kcal)	2803 / 670	581 / 139
Fat (g)	25	5
Sat. Fat (g)	11	2
Carbohydrate (g)	87	18
Sugars (g)	11	2
Protein (g)	34	7
Salt (g)	2.78	0.58

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans **7)** Milk **10)** Celery **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. Get Started!

Preheat your oven to 180°C. 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**. Roast until they're softened and starting to burst, 12-15 mins, then remove from the oven.



4. Finish the Sauce

Add the **water** (see ingredients for amount) and **stock powder** to the **shallot mixture** and mix to combine. Bring to a simmer, then add the **prawns** and cook for 2-3 mins until almost cooked. Season to taste with **salt** and **pepper**. Stir through the **crème fraîche** and **lemon zest**. Season to taste with **salt** and **pepper**. Simmer for one minute.

IMPORTANT: The prawns are cooked when pink on the outside and opaque in the middle. Add a splash of **water** to loosen if you like.



2. Get Prepped!

Meanwhile, halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lemon**.



5. Get Ready to Serve!

Pop the **roasted tomatoes** into a bowl, mix through the **capers** and add a drizzle of **oil**. Add the **spinach** to a colander, then, drain the **linguine** and **samphire** into the colander on top of the **spinach**. **TIP:** This will wilt the spinach. Then mix through the **creamy prawn mixture**. Add a squeeze of **lemon juice**.



3. Start Cooking!

Once the **water** is boiling, add the **linguine** and 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 over medium heat. Once hot, add the **shallot** and cook, stirring, until soft, 2-3 mins. Add the **garlic** and cook for a further one minute.



6. Serve!

Divide the **pasta** between plates and top with the **tomatoes** and **capers**. Add a squeeze more **lemon juice** if you like.

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.