



Creamy Prawn & Bacon Spaghetti

with Green Chilli

Rapid 20 Minutes • Little Heat

14



Green Chilli



Garlic



Spaghetti



Bacon Lardons



King Prawns



Vegetable Stock Powder



Crème Fraîche

Before you start

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

Cooking tools, you will need:

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

Ingredients

	2P	3P	4P
Green Chilli**	½	1	1
Garlic**	1 clove	2 cloves	2 cloves
Spaghetti 13	200g	300g	400g
Reserved Pasta Water for the Sauce*	100ml	150ml	200ml
Bacon Lardons**	60g	90g	120g
King Prawns 5 **	150g	250g	300g
Vegetable Stock Powder 10	1 sachet	2 sachets	2 sachets
Crème Fraîche 7 **	150g	225g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	291g	100g
Energy (kJ/kcal)	2881 /689	990 /237
Fat (g)	30	10
Sat. Fat (g)	13	4
Carbohydrate (g)	81	28
Sugars (g)	6	2
Protein (g)	33	11
Salt (g)	2.59	0.89

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans **7)** Milk **10)** Celery **13)** Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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1 Prep the Veggies

- Fill and boil your kettle.
- Halve the **chilli** lengthways, deseed and finely chop.
- Peel and grate the **garlic** (or use a garlic press).
- Pour the boiling **water** into a large saucepan on high heat, add ½ tsp of **salt** and bring back to the boil.



4 Finish the Sauce

- Add the reserved **pasta water** to the **sauce** with the **vegetable stock powder**. Mix well to dissolve the **stock**.
- Turn the heat to low and add the **crème fraîche**.
- Stir and simmer until the **prawns** are cooked through and the **sauce** is piping hot, another 2-3 mins. **IMPORTANT:** *The prawns are cooked when pink on the outside and opaque in the centre.*



2 Cook the Pasta

- Add the **spaghetti** (see ingredients for amount you need), bring to the boil and cook for 8 mins.
- When the **pasta** has cooked, reserve some **cooking water** (see ingredients for amount) then drain the **spaghetti** into a colander.



5 Combine

- Stir the drained **pasta** into your **sauce** and gently mix. If you feel the **sauce** needs loosening up, add a splash of **water**.
- Season to taste with **salt** and **pepper**.



3 Start the Sauce

- Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Add the **bacon lardons** and a pinch of **chilli** and cook, stirring, until the **bacon lardons** are golden, 2-3 mins. **IMPORTANT:** *Cook the bacon lardons throughout.*
- Add the **prawns**, cook for 2 mins.
- Add the **garlic** and mix through. Cook for another minute.



6 Serve

- Serve the **pasta** in bowls and finish with a sprinkle of the remaining **chilli**. Tuck in!

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.