



# Creamy Prawn & Bacon Spaghetti

with Garlic and Green Chilli

**Rapid** 20 Minutes • Medium Spice

4



Green Chilli



Garlic Clove



Spaghetti



Bacon Lardons



King Prawns



Vegetable Stock Paste



Creme Fraiche



## Before you start

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

## Cooking tools, you will need:

Kettle, Garlic Press, Saucepan, Measuring Jug, Colander, Frying Pan, Wooden Spoon.

## Ingredients

	2P	3P	4P
Green Chilli**	½	1	1
Garlic Clove	1	2	2
Spaghetti <b>13</b>	180g	270g	360g
Pasta Water*	100ml	150ml	200ml
Bacon Lardons**	60g	90g	120g
King Prawns <b>5</b> **	150g	225g	300g
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Crème Fraiche <b>7</b> **	150g	225g	300g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	282g	100g
Energy (kJ/kcal)	2725/651	966/231
Fat (g)	30	11
Sat. Fat (g)	13	4
Carbohydrate (g)	73	26
Sugars (g)	5	2
Protein (g)	31	11
Salt (g)	2.85	1.01

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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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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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.



## 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** is cooked, reserve some cooking **water** (see ingredients for amount) then drain the **spaghetti** into a colander.



## 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.
- Add the **prawns**, cook for 2 mins. **IMPORTANT:** Wash your hands after handling raw meat and prawns. Cook lardons thoroughly.
- Add the **garlic** and mix through. Cook for another minute.



## 4 Finish the Sauce

- Add the reserved **pasta water** to the **sauce** with the **vegetable stock paste**. Mix well.
- Turn the heat to low and add the **crème fraiche**.
- 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.



## 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**.



## 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.