



Quick Creamy Prawn Rigatoni

with Zesty Herby Sprinkle and Courgette

RAPID 20 Minutes • 1 of your 5 a day

N° 17



Rigatoni



Courgette



Flat Leaf Parsley



Lemon



Garlic Clove



Crème Fraîche



Vegetable Stock Powder



King Prawns

Before you start

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

Basic cooking tools, you will need:

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

Ingredients

	2P	3P	4P
Rigatoni 13)	200g	300g	400g
Courgette**	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	½	1	1
Garlic Clove**	1 clove	2 cloves	2 cloves
Crème Fraîche 7) **	150g	225g	300g
Water for the Sauce*	100ml	150ml	200ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
King Prawns 5) **	150g	250g	300g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	404g	100g
Energy (kJ/kcal)	2872 /687	712 /170
Fat (g)	25	6
Sat. Fat (g)	17	4
Carbohydrate (g)	84	21
Sugars (g)	12	3
Protein (g)	31	8
Salt (g)	1.80	0.45

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 and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these 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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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Packed in the UK



1. Cook the Pasta

a) Boil your kettle and pour the **water** into a large saucepan on high heat.

b) Add ½ tsp of **salt**.

c) When boiling, stir in the **rigatoni** and cook for 12 mins.

d) When it's done, drain in a colander, pop back in the pan, drizzle with a little **oil** and stir through to stop it sticking together. Leave to the side.



4. Cook the Sauce

a) Once the **courgettes** are browned, reduce the heat and add the **crème fraîche**, **water** (see ingredients for amount) and vegetable **stock powder** to the pan.

b) Season with **salt** and **pepper**.

c) Stir together, bring to a simmer and cook until the **sauce** has thickened slightly, 3-4 mins.



2. Prep

a) Meanwhile, trim the **courgette**, halve lengthways and slice into 1cm half moons.

b) Roughly chop the **parsley** (stalks and all).

c) Zest and halve the **lemon**.

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



5. Finish up

a) Stir the **prawns** into the **sauce** and continue to simmer until the **prawns** are cooked through, 4-5 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.

b) Add a splash of **water** if the **sauce** is a bit thick.

c) Meanwhile, mix together the **lemon zest** and remaining **parsley** in a small bowl.



3. Fry the Courgette

a) Heat a large frying pan on high heat (no oil) and add the **courgette**.

b) Cook, until starting to brown, 3-4 mins on each side.

c) Add the **garlic** and cook, stirring, for 1 minute.



6. Serve

a) Toss the drained **pasta** into the sauce.

b) Add a squeeze of **lemon juice** to taste.

c) Season with **salt** and **pepper** to taste, then serve in bowls topped with the **lemon zest** and **parsley mix**.

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.