



# Creamy Prawn Spaghetti

with Pancetta and Rocket



## HELLO PRAWNS

Researchers in Egypt are developing a method for turning prawn shells into biodegradable plastic!



Green Chilli



Chives



Garlic Clove



Vegetable Stock Powder



Wheat Spaghetti



Pancetta Lardons



King Prawns



Crème Fraîche



Lemon



Rocket

MEAL BAG

20 mins

Little heat

Rapid recipe

Long day? Too tired to cook? We know the feeling. With just 20 mins cooking time, this deliciously simple dish is the perfect thing to knock together if you're in a hurry to get dinner on the table. Packed with juicy prawns and crispy pancetta, this velvety creamy wheat spaghetti is the thing pasta dreams are made of! Buon appetito!

GET **PREPARED!**

Fill and boil your **Kettle**.

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# BEFORE YOU START

🔥 Fill and boil your **kettle**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Fine Grater** (or **Garlic Press**), **Large Saucepan**, **Measuring Jug**, **Colander** and a **Frying Pan**. Let's start cooking the **Creamy Prawn Spaghetti with Pancetta and Rocket**.



## 1 PREP THE VEGGIES

- Halve the **chilli** lengthways, deseed and finely chop.
- Finely chop the **chives**. **★ TIP:** *If you've got a pair of sharp kitchen scissors they'll make short work of the chives!*
- Peel and grate the **garlic** (or use a garlic press).
- Pour the boiling **water** into a large saucepan on high heat and bring back to the boil.



## 2 COOK THE WHEAT PASTA

- Add the **stock powder** to your pan of boiling **water** and stir to dissolve. Add the **wheat spaghetti**, bring back to the boil and cook for 11 mins.
- When the **wheat pasta** is cooked, reserve some **cooking stock water** (see ingredients list for amount) then drain into a colander.



## 3 START THE SAUCE

- Meanwhile, heat a splash of **oil** in a frying pan on medium-high heat.
- Add the **pancetta** and a pinch of **chilli** and cook, stirring, for 2-3 mins.
- Add the **prawns**, cook for 2 mins.
- Add the **garlic** and mix through. Cook for another minute.



## 4 FINISH THE SAUCE

- Pour the **reserved wheat pasta stock** into the pan. Turn the heat to low and add the **crème fraîche** and **half the chives**.
- 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 all the way through.*



## 5 COMBINE

- Stir the drained **wheat pasta** into your the sauce and gently mix.
- Add a squeeze of **lemon juice** and season to taste with **salt** and **pepper**.



## 6 SERVE

- Serve the **prawn spaghetti** in bowls and finish with a sprinkling of the remaining **chives** and **chilli**.
- Top with some **rocket**.

## Tuck In!

# 2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Green Chilli *	½	¾	1
Chives *	1 bunch	1 bunch	1 bunch
Garlic Clove	1	2	2
Vegetable Stock Powder 10)	sachet	sachets	sachets
Wheat Spaghetti 13)	200g	300g	500g
Pasta Water for the Sauce*	50ml	75ml	100ml
Pancetta Lardons *	60g	90g	120g
King Prawns 5) *	120g	180g	250g
Crème Fraîche 7) *	1	1½	2
Lemon *	½	1	1
Rocket *	1 bag	1½ bags	2 bags

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 328G	PER 100G
Energy (kJ/kcal)	2847 / 681	869 / 208
Fat (g)	29	9
Sat. Fat (g)	12	4
Carbohydrate (g)	82	25
Sugars (g)	7	2
Protein (g)	32	10
Salt (g)	3.30	1.01

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

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

**Wheat Spaghetti. Ingredients:** Durum **wheat** semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

🧼 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.

### 👍 THUMBS UP OR THUMBS DOWN?

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