

# Greamy Prawn Spaghetti

with Pancetta and Rocket





#### **HELLO PRAWNS**

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





Green Chilli





Garlic Clove

Vegetable Stock Powder







Wheat Spaghetti

Pancetta Lardons







King Prawns

Crème Fraîche



Lemon

Rocket

20 mins



Little heat

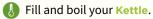


MEAL BAG

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!





## **BEFORE YOU** TAR

🚯 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



## **PREP THE VEGGIES**

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



# **2** COOK THE WHEAT PASTA

- a) 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.
- b) When the wheat pasta is cooked, reserve some cooking stock water (see ingredients list for amount) then drain into a colander.



## START THE SAUCE

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



#### Salt (g) Nutrition for uncooked ingredients based on 2 person recipe.

In order of use

Green Chilli 🌞

Chives \*

Garlic Clove

Powder 10)

Sauce\*

Lemon \*

Rocket \*

Fat (g)

Sat. Fat (g)

Sugars (g)

Protein (g)

Vegetable Stock

Wheat Spaghetti 13)

Pasta Water for the

Pancetta Lardons \*

King Prawns 5) \*

**NUTRITION FOR** 

Energy (kJ/kcal)

Carbohydrate (g)

Crème Fraîche 7) \*

\*Not Included \* Store in the Fridge

**UNCOOKED INGREDIENT** 

#### **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.

INGREDIENTS

1/2

1 bunch

1

1

sachet

200g

60g

120g

1

pouch

1/2

1 bag

PER SERVING

328G

2847 /681

29

12

82

7

32

3.30

1 bunch

2

1½

sachets

300g

75ml

90g

180g

pouches

1½ bags

1

1 bunch

2

2

sachets

500g

120g

250g

pouches

1

2 bags

PER

100G

869 / 208

9

25

2

10

1.01

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? Head online or use our app to rate this recipe

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# 4 FINISH THE SAUCE

- a) Pour the reserved wheat pasta stock into the pan. Turn the heat to low and add the crème fraîche and half the chives.
- b) Stir and simmer until the **prawns** are cooked through and the sauce is piping prawns are cooked when pink on the outside and opaque all the way through.



# 5 COMBINE

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



# 6 SERVE

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

## Tuck In!