



# Creamy Prawn & Pancetta Spaghetti

with Rocket

**RAPID** 20 Minutes • Little Heat •

N° 17



Green Chilli



Chives



Garlic



Knorr Vegetable Stock Pot



Wheat Spaghetti



Pancetta Lardons



King Prawns



Crème Fraîche



Lemon



Rocket



## Before you start

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

### Basic cooking tools you will need:

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

### Ingredients

	2P	3P	4P
Green Chilli**	½	¾	1
Chives**	1 bunch	1 bunch	1 bunch
Garlic**	1	2	2
Knorr Vegetable Stock Pot 10)	1 pot	1½ pots	2 pots
Wheat Spaghetti 13)	200g	300g	400g
Pasta Water for the Sauce*	50ml	75ml	100ml
Pancetta Lardons	60g	90g	120g
King Prawns 5)**	150g	250g	300g
Crème Fraîche 7)**	150g	225g	300g
Lemon**	½	1	1
Rocket**	1 bag	1½ bags	2 bags

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	353g	100g
Energy (kJ/kcal)	2983 / 713	846 / 202
Fat (g)	32	9
Sat. Fat (g)	13	4
Carbohydrate (g)	81	23
Sugars (g)	7	2
Protein (g)	35	10
Salt (g)	5.16	1.46

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, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

### Contact

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## 1. Prep the Veggies

- Fill and boil your kettle.
- 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. Halve the **lemon**.



## 4. Finish the Sauce

- Add the **reserved wheat pasta stock** to the **sauce**.
- Turn the heat to low and add the **creme fraiche** and **half** of 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 in the centre.



## 2. Cook the Pasta

- Add the **Knorr veggie stock pot** to your pan of water and stir to dissolve.
- Add the **wheat spaghetti**, bring to the boil and cook for 8 mins.
- When the **wheat pasta** is cooked, reserve some cooking **stock** (see ingredients for amount) then drain the **spaghetti** into a colander.



## 5. Combine

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



## 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, until is golden, 2-3 mins. **IMPORTANT:** Cook the **pancetta lardons** throughout.
- Add the **prawns**, cook for 2 mins.
- Add the **garlic** and mix through. Cook for another minute.



## 6. Serve

- Serve the **wheat pasta** in bowls on a bed of **rocket** and sprinkle the remaining **chives** and **chilli** over the top.
- Tuck in!**