



King Prawn Rigatoni

with Samphire and Crème Fraîche



HELLO RIGATONI

This pasta's name means 'ridged' because of the lines that run down its sides and help the sauce to cling.



Echalion Shallot



Garlic Clove



Chives



Wheat Rigatoni



King Prawns



Vegetable Stock Powder



Crème Fraîche



Lemon



Samphire

If you know our chefs, you'll know they love a prawn wheat pasta dish. To be fair to them, who doesn't? We've added a sprinkling of samphire; a fabulous vegetable which grows along the coast and is sometimes called 'asparagus of the sea'. Enjoy!

30 mins

1.5 of your 5 a day

Rapid recipe

MEAL BAG

14

GET **PREPARED!**

Fill and boil your **Kettle**.

BEFORE YOU START

🔥 Fill and boil your **Kettle**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Large Saucepan**, **Fine Grater** (or **Garlic Press**), **Colander** and two **Frying Pans**. Let's start cooking the **King Prawn Rigatoni with Samphire and Crème Fraîche**.



1 PREP THE VEGGIES

- Pour the boiling water from your kettle into a large saucepan along with a pinch of **salt**.
- Halve, peel and chop the **shallot** into ½cm pieces.
- Peel and grate the **garlic** (or use a garlic press). Finely chop the **chives** (or snip them with scissors).



4 ADD THE PRAWNS

- Lower the heat and add the **prawns** to the pan. Cook for 5 mins, turning every minute to make sure they cook evenly.
- When the **prawns** are pink, add the **stock powder** and **crème fraîche**. Cook for 2 mins more. **! IMPORTANT:** *The prawns are cooked when pink on the outside and opaque all the way through.*
- Season with **salt**, **pepper** and a squeeze of **lemon juice**. Taste and add more seasoning if you like.



2 COOK THE WHEAT PASTA

- Add the **wheat rigatoni** to your pan of boiling water. Cook for 11 mins.
- When cooked, drain in a colander, reserving a little **pasta water**.
- Return the **wheat pasta** to the pan off the heat to keep warm.



5 STEAM THE SAMPHIRE

- Rinse the **samphire** in the colander under cold water. **★ TIP:** *This will help it steam rather than fry when you cook it.*
- Put another frying pan on medium heat. Add a glug of **olive oil** and cook the **samphire** until hot and beginning to soften, 2 mins. It should retain some bite.
- Finish the **samphire** with the remaining **lemon juice**.



3 START THE SAUCE

- Meanwhile, heat a splash of **oil** in a frying pan on medium heat and add the **shallot**.
- Cook gently, stirring frequently, until soft, 5 mins.
- Add the **garlic** and cook for 1 minute more.



6 COMBINE AND SERVE

- Combine the **prawns** and **sauce** with the **wheat pasta**.
- Mix well and add a splash of the **reserved pasta water** to loosen it up if necessary.
- Add the **chives**, taste and season with more **salt** and **pepper**.
- Serve the **wheat pasta** in bowls - avoid arguments by making sure the **prawns** are distributed with scrupulous fairness - then top with the **samphire** (for anyone that wants it).

Tuck In!

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Echalion Shallot *	1	2	2
Garlic Clove *	1	1	1
Chives *	½ bunch	1 bunch	1 bunch
Wheat Rigatoni 13)	200g	300g	400g
King Prawns 5) *	120g	150g	250g
Vegetable Stock Powder 10)	½ sachet	1 sachet	1 sachet
Crème Fraîche 7) *	¾ pouch	1 pouch	1½ pouches
Lemon *	½	¾	1
Samphire	1 pack	2 packs	2 packs

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 330G	PER 100G
Energy (kJ/kcal)	2609 / 624	792 / 189
Fat (g)	25	8
Sat. Fat (g)	11	3
Carbohydrate (g)	82	25
Sugars (g)	7	2
Protein (g)	27	8
Salt (g)	2.84	0.86

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

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

Wheat Rigatoni. 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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