



Chilli King Prawn Spaghetti

with Chilli and Sun-Dried Tomatoes



HELLO SPAGHETTI

The most popular pasta shape in the world, spaghetti, accounts for two-thirds of all pasta eaten.



Flat Leaf Parsley



Sun-dried Tomatoes



Red Chilli



Red Wine Vinegar



Finely Chopped Tomatoes



Wheat Spaghetti



King Prawns



Garlic Clove



Onion

MEAL BAG

30 mins

3.5 of your 5 a day

Medium heat

Simple fresh flavours are combined in this dish to create something really special. Juicy prawns and tangy sun-dried tomatoes will transport you to the Mediterranean sunshine in the time it takes to cook wheat spaghetti. Buon appetito!

4

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan**, **Fine Grater** (or **Garlic Press**), **Frying Pan** and **Colander**. Now, let's get cooking!



1 DO THE PREP

Put a large saucepan of water with a pinch of salt on to boil for the pasta. Halve, peel and finely chop the **onion**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all). Finely chop the **sun-dried tomatoes**. Halve the **red chilli** lengthways, deseed and finely chop.



2 FRY THE VEGGIES

Heat a good glug of **oil** in a frying pan on medium heat. Once hot, add the **onion**. Season with a pinch of **salt** and **pepper**. Stir and cook until the **onion** is soft, about 5 mins. Add the **garlic**, **sun-dried tomatoes** and as much **chilli** as you dare and cook for 2 more mins.



3 SIMMER THE SAUCE

Add the **red wine vinegar** and allow it to evaporate, then add the **finely chopped tomatoes** and a pinch of **sugar** (if you have some). Let the **mixture** simmer on medium-low heat until you have a nice thick sauce, about 10 mins.



4 COOK THE WHEAT PASTA

Meanwhile, add the **wheat spaghetti** to your pan of boiling water. Cook for 11 mins then drain in a colander and drizzle with a little **oil** to stop it sticking together.



5 ADD THE PRAWNS

Once the sauce has thickened, stir in the **prawns** and simmer for 3-5 mins. **! IMPORTANT:** The prawns are cooked when pink on the outside and opaque all the way through.



6 FINISH AND SERVE

Combine the **wheat pasta** and **sauce**. Sprinkle over most of the **parsley** and toss everything together to mix thoroughly. Serve, sprinkled with the remaining **parsley**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Sun-dried Tomatoes	1 small bag	¾ large bag	1 large bag
Red Chilli *	½	¾	1
Red Wine Vinegar 14)	1 sachet	1½ sachets	2 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Wheat Spaghetti 13)	180g	250g	360g
King Prawns 5) *	150g	250g	280g
Garlic Clove *	2	3	4
Onion *	1	1	2

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 469G	PER 100G
Energy (kJ/kcal)	2111 / 505	451 / 108
Fat (g)	3	1
Sat. Fat (g)	1	1
Carbohydrate (g)	87	18
Sugars (g)	20	4
Protein (g)	28	6
Salt (g)	4.44	0.95

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

5) Crustaceans 13) Gluten 14) Sulphites

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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