



King Prawn & Tomato Sauce

Fresh Egg Tagliatelle & Chilli

EXTRA RAPID 10 Minutes • Medium Heat

Nº 12



Garlic Clove



Chives



King Prawns



Fresh Tagliatelle



Baby Spinach



Chilli Flakes



Pasta Sauce With
Olives & Capers



Tomato Passata



Grated Italian Style
Hard Cheese

Before you start

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

Basic cooking tools, you will need:

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

Ingredients

	2P	3P	4P
Garlic Clove**	1 clove	2 cloves	2 cloves
Chives**	1 bunch	1 bunch	1 bunch
King Prawns 5)**	180g	280g	360g
Fresh Tagliatelle 8) 13)**	200g	300g	400g
Baby Spinach**	1 small bag	1 small bag	1 large bag
Chilli Flakes	1 pinch	1 pinch	1 pinch
Pasta Sauce With Olives & Capers	1 pouch	2 pouches	2 pouches
Tomato Passata	1 carton	2 cartons	2 cartons
Water for the Sauce*	50ml	75ml	100ml
Grated Italian Style Hard Cheese 7) 8)**	1 sachet	2 sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	447g	100g
Energy (kJ/kcal)	1594 /381	356 /85
Fat (g)	9	2
Sat. Fat (g)	4	1
Carbohydrate (g)	42	10
Sugars (g)	10	2
Protein (g)	30	7
Salt (g)	2.49	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 7) Milk 8) Egg 13) Gluten

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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You can recycle me!



Packed in the UK



1. Prep

- Fill and boil your kettle. Pour the **water** into a large saucepan.
- Pop your pan on high heat, add 0.5 tsp of **salt** and bring back to the boil.
- Peel and grate the **garlic** (or use a garlic press).
- Finely chop the **chives** or snip with scissors.

2. Time to Cook

- Heat a drizzle of **oil** in a large frying pan over high heat.
- When hot, add the **prawns** and cook until the **prawns** start to turn pink, 2-3 mins.
- Meanwhile, when the water is boiling, add the **pasta** (see ingredients for amount) and cook for 4 mins.
- Once cooked add the **spinach** to the colander, drain the **pasta** in the colander (the boiling water will wilt the **spinach**).

3. Finish & Serve

- Once the **prawns** have started to turn pink, add in the **garlic** and the **chili flakes** (only add a pinch - they're hot!), cook, stirring continuously for 1 minute.
- Add the **pasta sauce**, **tomato passata**, **water** (see ingredients for amount) into the **prawns** along with **half the hard Italian cheese**, bring to the boil and remove from the heat. Taste season with **salt** and **pepper** if you feel it needs it. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.
- Once drained, add the **pasta** to the **sauce** and toss together.
- Serve between your bowls. Sprinkle over the **chives** and remaining **cheese**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.