



Prawn & Chorizo Spaghetti

with Fresh Vine Tomatoes



HELLO PARSLEY

This plant is native to the Eastern Mediterranean area and related to celery.



Garlic Clove



Flat Leaf Parsley



Vine Tomato



King Prawns



Chilli Flakes



Spaghetti



Chorizo



Tomato Passata

MEAL BAG

Hands on: **10 mins**
Total: **25 mins**

Family Box

1 of your
5 a day

Little heat

Prawns and chorizo are a classic Iberian combination and we can see why! Delicate and meaty prawns with the smoky flavour of chorizo is a match made in foodie heaven. Made with fresh ingredients including vine tomatoes and fresh parsley, this spaghetti dish is packed full of bright, harmonising flavours. Once cooked, sprinkle over chilli flakes for a kick of heat that'll compliment the meat nicely!

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 PREP EVERYTHING

Put a large saucepan of water with a generous pinch of salt on to boil for the wheat pasta. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all). Chop the **tomato** into 2cm cubes.



2 COOK THE WHEAT SPAGHETTI

Add the **wheat spaghetti** to your pan of boiling **water** and cook for 8 mins. When you drain the **pasta**, keep a little of the **water** in case you need it to loosen the **sauce**.



3 START THE SAUCE

Meanwhile, heat a splash of **olive oil** in a frying pan on medium-high heat. Add the **garlic** and cook for 30 seconds.



4 POP IN THE PRAWNS!

Add the **chorizo** to the pan. Fry for 2 mins and then add the **prawns**. Cook for a further 2 mins.



5 FINISH THE SAUCE

Pour in the **tomato passata**. Let the mixture simmer on medium heat for 5 mins. Add the **vine tomato**. Cook for 1 minute more. Season with a pinch of **salt** and plenty of **pepper**. **! IMPORTANT:** The prawns are cooked when pink on the outside and opaque all the way through.



6 COMBINE AND SERVE!

Drain the **wheat pasta** in a colander and add it to the frying pan with the **sauce**. **★ TIP:** If the sauce is too thick at this point, loosen it up with a splash of the wheat pasta water. Toss everything together. Divide between bowls and finish with a sprinkling of **parsley**. For the adults, sprinkle over a pinch of **chilli flakes** to taste. **★ TIP:** Some like it hot, but if that's not you then go easy on the chilli! **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Garlic Clove *	2	3	4
Flat Leaf Parsley *	½ bunch	¾ bunch	1 bunch
Vine Tomato	2	3	4
King Prawns 5) *	150g	250g	300g
Spaghetti 13) *	200g	300g	400g
Chorizo 7) *	1 small pack	1 medium pack	1 large pack
Tomato Passata	1 carton	1½ carton	2 cartons
Chilli Flakes	a pinch	a pinch	a pinch

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 404G	PER 100G
Energy (kcal)	2563/613	635/152
Fat (g)	14	3
Sat. Fat (g)	4	1
Carbohydrate (g)	84	21
Sugars (g)	10	3
Protein (g)	35	9
Salt (g)	4.29	1.06

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

5) Crustaceans 7) Milk 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 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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