

Prawn & Chorizo Spaghetti

with Sun-Dried Tomato Sauce

FAMILY Hands on Time: 10 Minutes • Total Time: 25 Minutes • Little Heat







Garlic Clove





Sun-Dried Tomatoes







Wheat Spaghetti

King Prawns



Tomato Passata



Tomato Puree



Chilli Flakes

Before you start

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

Basic cooking tools, you will need:

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

Ingredients

	2P	3P	4P
Garlic Clove**	2	3	4
Flat Leaf Parsley**	½ bunch	¾ bunch	1 bunch
Sun-Dried Tomatoes	1 small pot	1½ small pots	1 large pot
Water for the Sundried Tomatoes*	100ml	100ml	150ml
Wheat Spaghetti 13)	200g	300g	400g
Chorizo 7)**	60g	90g	120g
King Prawns 5)**	150g	250g	300g
Tomato Passata	1 carton	1½ cartons	2 cartons
Tomato Puree	1 sachet	1½ sachets	2 sachets
Chilli Flakes	a pinch	a pinch	a pinch

^{*}Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	345g	100g
Energy (kJ/kcal)	2688 /643	780 / 187
Fat (g)	14	4
Sat. Fat (g)	5	1
Carbohydrate (g)	88	26
Sugars (g)	14	4
Protein (g)	37	11
Salt (g)	5.59	1.62

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

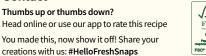
5) Crustaceans 7) Milk 13) Gluten

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, 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 Everything

Fill and boil your kettle. 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). Pop the **sundried tomatoes** in a small bowl and cover in the boiling water (see ingredients for amount).



2. Cook the Wheat Spaghetti

Add the wheat spaghetti to your pan of boiling water and cook for 8 mins. When you drain the wheat 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 chorizo and cook until golden and the chorizo has released its fragrant oils. Drain and roughly chop the sundried tomatoes.



4. Simmer

Add the **garlic** to the pan. Cook for 2 mins, then pour in the tomato passata, tomato puree and sundried tomatoes. Let the mixture simmer on medium heat for 5-6 mins.



5. Pop in the Prawns

Stir in the **prawns**, cook for a further 4-5 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque all the way through. Season to taste with salt and pepper.



6. Combine and Serve!

Drain the **wheat pasta** in a colander and add it to the 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!