



# Prawn and Tomato Linguine with Charred Courgettes

Calorie Smart 20 Minutes • Mild Spice • 2 of your 5 a day • Under 650 Calories

25



Courgette



Spring Onion



Garlic Clove



Mature Cheddar  
Cheese



Linguine



Chilli Flakes



Tomato Passata



Sun-Dried  
Tomato Paste



Vegetable Stock  
Paste



King Prawns

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Garlic press, frying pan, colander and bowl.

## Ingredients

	2P	3P	4P
Courgette**	1	2	2
Spring Onion**	1	1	2
Garlic Clove**	2	3	4
Mature Cheddar Cheese** 7)	30g	45g	60g
Linguine 13)	180g	270g	360g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Tomato Passata	1 carton	1½ cartons	2 cartons
Sun-Dried Tomato Paste	1 sachet	2 sachets	2 sachets
Water for the Sauce*	75ml	100ml	150ml
Vegetable Stock Paste 10)	10g	15g	20g
King Prawns** 5)	150g	225g	340g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	420g	100g
Energy (kJ/kcal)	2221 /531	528 /126
Fat (g)	10.0	2.4
Sat. Fat (g)	4.3	1.0
Carbohydrate (g)	76.7	18.2
Sugars (g)	10.4	2.5
Protein (g)	31.5	7.5
Salt (g)	2.96	0.70

Nutrition for uncooked ingredients based on 2 person recipe.  
PersonalPoints™ values based on low-cal cooking spray oil.

## Allergens

5) Crustaceans 7) Milk 10) Celery 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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## Contact

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## Get Prepped

**a)** Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **pasta**.

**b)** Trim the **courgette**, then slice into thick 1cm rounds. Trim and thinly slice the **spring onion**.

**c)** Peel and grate the **garlic** (or use a garlic press). Grate the **cheese**.



## Make the Tomato Sauce

**a)** Meanwhile, put the (now empty) frying pan on medium-high heat with a drizzle of **oil**.

**b)** When hot, add the **garlic** and a pinch of **chilli flakes** (use less if you don't like heat - you can add more later if you'd like) and cook, stirring, for 1 min.

**c)** Stir in the **tomato passata, sun-dried tomato paste, water for the sauce** (see ingredients for amount) and **vegetable stock paste**. Bring to the boil and simmer until thickened, 4-5 mins.



## Char the Courgette

**a)** Heat a large frying pan on high heat (no oil).

**b)** When hot, add the **courgette** and cook until starting to char, 2-3 mins each side.

**c)** Transfer to a clean chopping board or plate and allow to cool.



## Add the Prawns

**a)** Once thickened, stir the **prawns** into the **tomato sauce** and cook for 3-4 mins. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.

**b)** Meanwhile, roughly chop the **charred courgette rounds**.

**c)** In a small bowl, mix together the **chopped courgette, spring onion** and a pinch of **chilli flakes** (use less if you don't like heat).



## Cook the Pasta

**a)** When your pan of **water** is boiling, add the **linguine** and bring back to the boil. Cook until tender, 12 mins.

**b)** Once cooked, drain in a colander.

**c)** Pop back into the pan, drizzle with **oil** and stir through to stop it sticking together.



## Finish and Serve

**a)** Add the **cooked pasta** to the **sauce** along with the **cheese** and **half the chopped courgette mix**.

**b)** Mix well to combine, then season to taste with **salt** and **pepper**. **TIP:** Add a splash more water if it's a bit dry.

**c)** Share the **prawn linguine** between your bowls, then spoon over the remaining **chopped courgette mix** to finish.

Enjoy!

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