



# Prawn & Chorizo Spaghetti

with Fresh Vine Tomatoes



## HELLO PRAWNS

To 'come the raw prawn with' someone is an Australian phrase meaning to try and deceive them!



Garlic Clove



Flat Leaf Parsley



King Prawns



Vine Tomato



Spaghetti



Chilli Flakes



Diced Chorizo



Tomato Passata



25 mins

eat within 2 days

2.5 of your 5 a day

Family Box

Little Heat

In the heady days of his youth, our Head Chef Patrick's favourite date night restaurant was a little Spanish place in London's Borough market. He ended up going there so often that he became best mates with the chef and started working in the kitchen at weekends! The classic Iberian combo of prawns and chorizo remains a favourite and he presents it here. Good for date night or any other night too!

## 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 **pasta**. Peel and grate the **garlic** (or use a garlic press). Pick the **parsley leaves** from their stalks and finely chop (discard the **stalks**). Chop the **prawns** into 1cm chunks and the **vine tomato** into 2cm cubes.



### 2 COOK THE SPAGHETTI

Cook the **spaghetti** in your pan of boiling water for 11 mins or until 'al dente'. **★ TIP:** 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle. 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, put a little **olive oil** in a frying pan on medium-high heat. Add the **garlic** and a small pinch of **chilli flakes**. Cook for 30 seconds. **★ TIP:** Some like it hot, but if that's not you then go easy on the chilli!



### 4 POP IN THE PRAWNS!

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



### 5 FINISH THE SAUCE

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



### 6 COMBINE AND SERVE!

Drain the **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 pasta water. Toss everything together. Divide between bowls and finish with a sprinkling of **parsley**. **Enjoy!**

## 4 PEOPLE INGREDIENTS

Garlic Clove, grated	4
Flat Leaf Parsley, chopped	1 bunch
King Prawns, chopped 2)	250g
Vine Tomato, chopped	4
Spaghetti 1)	400g
Chilli Flakes	a pinch
Diced Chorizo	2 packs
Tomato Passata	2 cartons

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	590	150
(kJ)	2490	631
Fat (g)	13	3
Sat. Fat (g)	5	1
Carbohydrate (g)	84	21
Sugars (g)	11	3
Protein (g)	32	8
Salt (g)	2.79	0.71

### ALLERGENS

1)Gluten 2)Crustaceans

### THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk) and we'll get back to you.

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