



Quick Creamy Prawn Penne with Lemon and Parsley Garnish

Classic 20 Minutes • 1 of your 5 a day

6



Penne Pasta



Courgette



Flat Leaf Parsley



Lemon



Garlic Clove



Creme Fraiche



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

Saucepan, colander, zester, garlic press, frying pan and bowl.

Ingredients

	2P	3P	4P
Penne Pasta 13)	180g	270g	360g
Courgette**	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	½	1	1
Garlic Clove**	1	2	2
Crema Fraiche** 7)	150g	225g	300g
Water for the Sauce*	100ml	150ml	200ml
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	386g	100g
Energy (kJ/kcal)	2703 /646	700 /167
Fat (g)	27	7
Sat. Fat (g)	16	4
Carbohydrate (g)	72	19
Sugars (g)	9	2
Protein (g)	28	7
Salt (g)	1.95	0.51

Nutrition for uncooked ingredients based on 2 person recipe.

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.

Contact

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Cook the Pasta

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

b) When boiling, add the **penne** to the **water** and bring back to the boil. Cook until tender, 12 mins.

c) When cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together. Leave to the side.



Make the Sauce

a) Once the **courgettes** are browned, reduce the heat and add the **crema fraiche**, **water for the sauce** (see ingredients for amount) and **vegetable stock paste** to the pan.

b) Season with **salt** and **pepper**.

c) Stir together, bring to a simmer and cook until the **sauce** has thickened slightly, 3-4 mins.



Prep your Veg

a) While the **pasta** cooks, trim the **courgette**, halve lengthways and slice into 1cm half moons.

b) Roughly chop the **parsley** (stalks and all).

c) Zest and halve the **lemon**.

d) Peel and grate the **garlic** (or use a garlic press).



Simmer your Prawns

a) Once thickened, stir the **prawns** into the **sauce** and continue to simmer until cooked through, 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) Add a splash of **water** if the **sauce** is a bit thick.

c) Meanwhile, mix together the **lemon zest** and **parsley** in a small bowl.



Fry the Courgette

a) Heat a large frying pan on high heat (no oil) and add the **courgette**.

b) Cook until starting to brown, 3-4 mins on each side.

c) Add the **garlic** and cook, stirring, for 1 min.



Finish and Serve

a) Toss the **cooked pasta** into the **sauce**.

b) Add a squeeze of **lemon juice** to taste.

c) Season with **salt** and **pepper** to taste, then serve your **creamy prawn penne** in bowls topped with the **lemon and parsley garnish**.

Enjoy!