



Quick Creamy Prawn Rigatoni with Lemon, Courgette and Parsley

Rapid 20 Minutes • 1 of your 5 a day

N° 16



Rigatoni Pasta



Courgette



Flat Leaf Parsley



Lemon



Garlic Clove



Creme Fraiche



Vegetable Stock Paste



King Prawns



King Prawns



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.


Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Kettle, Saucepan, Colander, Zester, Frying Pan, Measuring Cup, Bowl.

Ingredients

	2P	3P	4P
Rigatoni 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
Creme Fraiche 7 **	150g	225g	300g
Water for the Sauce*	100ml	150ml	200ml
Vegetable Stock Paste 10	10g	15g	20g
King Prawns 5 **	150g	250g	300g
 King Prawns 5 **	300g	500g	600g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	393g	100g
Energy (kJ/kcal)	2521 /602	641 /153
Fat (g)	24	6
Sat. Fat (g)	11	3
Carbohydrate (g)	77	20
Sugars (g)	11	3
Protein (g)	28	7
Salt (g)	2.04	0.52
Custom Recipe	Per serving	Per 100g

for uncooked ingredient	468g	100g
Energy (kJ/kcal)	2715 /649	580 /139
Fat (g)	25	5
Sat. Fat (g)	11	2
Carbohydrate (g)	77	16
Sugars (g)	12	2
Protein (g)	39	8
Salt (g)	3.02	0.65

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

Contact

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Cook the Pasta

a) Boil your kettle and pour the **water** into a large saucepan on high heat.

b) Add ½ tsp of **salt**.

c) When boiling, stir in the **rigatoni** and cook for 12 mins.

d) Drain in a colander, pop back into the pan, drizzle with a little **oil** and stir through to stop it sticking together. Leave to the side.



Cook the Sauce

a) Once the **courgettes** are browned, reduce the heat and add the **creme fraiche**, **water** (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

a) Meanwhile, 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).



Finish Up

a) Stir the **prawns** into the **sauce** and continue to simmer until the **prawns** are cooked through, 4-5 mins. **IMPORTANT:** *The prawns are cooked when pink on the outside and opaque in the middle. Wash your hands after handling raw prawns.*

b) Add a splash of **water** if the **sauce** is a bit thick.

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



CUSTOM RECIPE

a) If you've chosen to get extra **prawns**, just cook the recipe as instructed.



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 minute.



Serve

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

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

c) Season with **salt** and **pepper** to taste, then serve in bowls topped with the **lemon zest** and **parsley mix**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.