



Quick Creamy Prawn Rigatoni with Lemon and Parsley Garnish

Classic 20 Minutes • 1 of your 5 a day

4



Rigatoni 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!

Cooking tools, you will need:

Kettle, Saucepan, Colander, Zester, Garlic Press, Frying Pan, Wooden Spoon, Measuring Jug, 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
Crème Fraîche 7 **	150g	225g	300g
Water for the Sauce*	100ml	150ml	200ml
Vegetable Stock Paste 10	10g	15g	20g
King Prawns 5 **	150g	250g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	388g	100g
Energy (kJ/kcal)	2516 /601	649 /155
Fat (g)	24	6
Sat. Fat (g)	11	3
Carbohydrate (g)	74	19
Sugars (g)	12	3
Protein (g)	28	7
Salt (g)	2.04	0.53

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 7) Milk 10) Celery 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



Cook the Pasta

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

b) Add **½ tsp** of **salt**. When boiling, stir in the **rigatoni** and cook for 12 mins.

c) 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.



Prep your Veg

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).



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.



Make the Sauce

a) Once the **courgettes** are browned, reduce the heat and add the **crème fraîche**, **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.



Cook your Prawns

a) Stir the **prawns** into the **sauce** and continue to simmer until the **prawns** are cooked through, 4-5 mins. **IMPORTANT:** Wash your hands 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.



Finish & 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 and parsley garnish**.

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.