

Smoky Prawn Spaghetti

with Charred Sweetcorn & Chilli

CLASSIC 25 Minutes • Little Heat • 1.5 of your 5 a day











Sweetcorn









Flat Leaf Parsley



Red Chilli

Vegetable Stock Powder



Smoked Paprika



Tomato Passata



Linguine



King Prawns

Before you start

Our fruit, veggies and herbs need a wash before vou use them!

Basic cooking tools you will need:

Saucepan, Sieve, Fine Grater (or Garlic Press), Frying Pan, Measuring Jug and Colander.

Ingredients

2P	3P	4P
1	1	2
1 small tin	¾ large tin	1 large tin
2 cloves	3 cloves	4 cloves
1/2	1	1
1 bunch	1 bunch	1 bunch
150ml	225ml	300ml
1 sachet	1⅓ sachets	2 sachets
1 small pot	¾ large pot	1 large pot
1 carton	1½ cartons	2 cartons
200g	300g	400g
150g	250g	300g
2 tbsp	3 tbsp	4 tbsp
	1 1 small tin 2 cloves ½ 1 bunch 150ml 1 sachet 1 small pot 1 carton 200g 150g	1 1 1 1 1 1 small tin 3/4 large tin 2 cloves 3 cloves ½ 1 1 1 bunch 150ml 225ml 1 sachet 1½ sachets 1 small pot 4/4 large pot 1 carton 200g 300g 150g 250g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	525g	100g
Energy (kJ/kcal)	2653 /634	505/121
Fat (g)	12	2
Sat. Fat (g)	2	1
Carbohydrate (g)	100	19
Sugars (g)	18	4
Protein (g)	31	6
Salt (g)	3.50	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

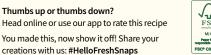
5) Crustaceans 10) Celery 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Prep

Bring a saucepan of water up to the boil with ½ tsp salt for the pasta. Whilst the water is coming up to the boil, halve, peel and thinly slice the **onion**. Drain and rinse the **sweetcorn** in a sieve. Peel and grate the **garlic** (or use a garlic press). Halve the **chilli** lengthways, deseed then slice thinly. Roughly chop the parsley (stalks and all).



2. Char the Corn

Heat a large frying pan on a high heat. When hot add the **sweetcorn** and cook, stirring frequently until charred and brown all over, 3-5 minutes. Transfer the **sweetcorn** to a bowl and give your pan a quick wash. Return the pan to a medium heat with a splash of oil. When hot, add the sliced onion and cook until soft, 4-5 mins.



3. Start the Sauce

Once the onion is soft, add the garlic and half the sliced chilli and cook for 1 minute. Add the water (see ingredients for amount), veg stock powder, smoked paprika and tomato passata. Bring to a simmer and cook until slightly thickened, 8-10 mins.



4. Cook the Pasta

When the **water** for the pasta is boiling, add the linguine and boil for 12 mins. Once cooked, strain into a colander, pop back in the pan, drizzle with **oil** and stir through to stop it sticking together.



5. Finishing Touches

When the sauce has reduced, add the prawns and cook for 3-5 mins. **IMPORTANT:** The prawns are cooked when they are pink on the outside and opaque all the way through. Season to taste with salt and pepper. Add the parsley and the remaining chilli into the bowl with the charred corn. Season with salt and pepper and then stir in the olive oil (see ingredients for amount). Mix well.



6. Time to Serve

Combine the pasta along with the sauce and half the corn salsa, reheat until piping hot. Share between your bowls. Spoon over the remaining salsa.

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.