



Spicy Prawn Pasta with Chargrilled Courgettes

Rapid 20 Minutes • Medium Spice • 1 of your 5 a day

15



Courgette



Spring Onion



Garlic Clove



Chilli Flakes



Cheddar Cheese



Linguine



Tomato Passata



Sun-Dried
Tomato Paste



Vegetable
Stock Powder



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

Cooking tools, you will need:

Saucepan, Garlic Press, Grater, Large Frying Pan, Colander, Small Bowl.

Ingredients

	2P	3P	4P
Courgette**	1	2	2
Spring Onion**	1	1	2
Garlic Clove**	2 clove	3 clove	4 clove
Chilli Flakes	1 pinch	1 pinch	1 pinch
Cheddar Cheese 7)**	30g	45g	60g
Linguine 13)	200g	300g	400g
Tomato Passata	1 carton	1 ½ cartons	2 cartons
Sun Dried Tomato Paste	1 sachet	2 sachets	2 sachets
Water*	75ml	100ml	150ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
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	435g	100g
Energy (kJ/kcal)	2460/588	566/135
Fat (g)	9	2
Sat. Fat (g)	4	1
Carbohydrate (g)	90	21
Sugars (g)	15	4
Protein (g)	34	8
Salt (g)	2.78	0.64

Custom Recipe

	Per serving	Per 100g
for uncooked ingredient	514g	100g
Energy (kJ/kcal)	2643/632	514/123
Fat (g)	10	2
Sat. Fat (g)	4	1
Carbohydrate (g)	90	18
Sugars (g)	15	3
Protein (g)	46	9
Salt (g)	3.76	0.73

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.

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The Fresh Farm
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Prep

- Bring a saucepan of **water** up to the boil with 1/2 tsp **salt** for the **pasta**.
- Trim the **courgette** then slice into rounds about 1cm thick. Trim the **spring onions** then slice thinly.
- Peel and grate the **garlic** (or use a garlic press). Grate the **cheddar cheese**.



Make the Sauce

- Meanwhile return the frying pan to medium high heat with a drizzle of **oil**.
- When hot, add the **garlic** and a pinch of **chilli flakes** (use less if you don't like heat - you can always add more later if you want) and cook, stirring, for 1 minute.
- Add the **tomato passata, sun-dried tomato paste, water** (see ingredients for amount) and **vegetable stock powder**.
- Bring to the boil and simmer until thickened, 4-5 mins.



Char

- Heat a large frying pan on a high heat (no **oil**).
- Once hot, add the **courgette** and cook on each side until starting to char, 2-3 mins per side.
- Remove from the pan to a clean chopping board or plate and allow to cool.



Final Touches

- Add the **prawns** to the **tomato sauce**, stir together and simmer until cooked, 4-5 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.
- Meanwhile, roughly chop up the **courgette** and add to a small bowl with the **spring onion** and another pinch of **chilli flakes** (use less chilli if you don't like heat).

CUSTOM RECIPE

If you've chosen to get **extra prawns**, just cook the recipe as instructed. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.



Cook the Pasta

- Once the **water** for the **pasta** is boiling
- Add the **linguine** and simmer until tender, 12 mins.
- Once cooked, drain in a colander, pop back in the pan, drizzle with **oil** and stir through to stop it sticking together.



Time to Serve

- Add the drained **pasta** to the pan of **tomato sauce** along with the **cheese**. Mix well to combine, then season to taste with **salt** and **pepper**. **TIP:** Add a splash more water if the liquid has evaporated too much.
- Share between your bowls. Spoon over the **charred courgette mixture**.

Enjoy!