



More Than Food
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within
2 days



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Tiger Prawn and Chorizo Spaghetti with Fresh Vine Tomatoes

Favourite date-night restaurants - we've all got them. In the more heady days of his youth, Head Chef Patrick was particularly fond of a little Spanish eatery in Borough Market, where the food and the opportunity to try out a bit of foreign lingo always seemed to impress. He ended up going there so often that eventually he became best friends with the head chef and started to work in the kitchen at weekends. His favourite recipes included the beautiful Iberian combination of prawns and chorizo, which he uses here so that you can have date-night at home!

 25 mins

 spicy

 lactose free



Garlic Clove (2)



Flat Leaf Parsley
(2 tbsp)



Tiger Prawns (120g)



Vine Tomato (2)



Spaghetti (180g)



Chilli Flakes (¼ tsp)



Chorizo (1 pack)



Tomato Passata
(1 carton)

Ingredients

2 PEOPLE ALLERGENS

Garlic Clove, chopped	2	
Flat Leaf Parsley, chopped	2 tbsp	
Tiger Prawns	120g	Crustaceans
Vine Tomato	2	
Spaghetti	180g	Gluten
Chilli Flakes	¼ tsp	
Chorizo	1 pack	Sulphites
Tomato Passata	1 carton	

🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

Prawns are a member of the crustacean family, similar to crab and lobster. Expensive family!

Nutrition per serving: Calories: 668 kcal | Protein: 41 g | Carbs: 97 g | Fat: 20 g | Saturated Fat: 5 g



1 Boil a large pot of water with ¼ tsp of **salt** for the **spaghetti**. Peel and finely chop the **garlic**. Very, very finely chop the **parsley**. Chop the **prawns** into small chunks.



2 Chop the tomatoes into 2cm cubes.



3 Cook the **spaghetti** in the boiling water for 11 mins or until 'al dente'. **Tip:** *Pasta is 'al dente' when cooked through but with a slight hint of firmness left in the middle. When you drain the pasta, keep 3 tbsp of water in case you need to loosen up the sauce with it.*



4 Heat 1 tbsp of **olive oil** in a non-stick frying pan on medium-high heat. Once hot add in the **garlic** and **chilli flakes** for 30 seconds (adjust to taste). Next, add the **chorizo** and cook for 2 mins. Add the **prawns** and cook for a further 2 mins.

5 Add the **tomato passata** to the pan and let the mixture bubble away on medium heat for 5-8 mins. Add in the chopped **tomatoes** and cook for another minute. Season with a pinch of **salt** and plenty of **black pepper**. **Tip:** *If the sauce is too thick by this point, add 3 tbsp of pasta water to loosen it up.*

6 Drain the **spaghetti** and tip it into the pan. Sprinkle over the **parsley** and toss everything together.

7 Serve into bowls and enjoy!