



# Creamy Linguine

with King Prawns & Serrano Ham



## HELLO PRAWNS

Researchers in Egypt are developing a method for turning prawn shells into biodegradable plastic!



Garlic Clove



Green Chilli



Chives



Serrano Ham



Linguine



Vegetable Stock Powder



King Prawns



Crème Fraiche



Lemon

MEAL BAG  
11

Hands on: **10 mins**  
**Total: 25 mins** Family Box

Medium heat

When a dish this delicious is on the table in 25 minutes, you know you've struck gold. At HelloFresh, we believe that being short of time should never stand in the way of cooking and enjoying great food. Packed with juicy prawns and crispy serrano ham, our velvety creamy linguine is about to become your favourite quick-fix recipe. Buon appetito!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan**, **Fine Grater** (or **Garlic Press**), **Colander**, **Measuring Jug** and **Frying Pan**. Now, let's get cooking!



### 1 DO THE PREP

Put a large saucepan of water with a pinch of salt on to boil for the pasta. Peel and grate the **garlic** (or use a garlic press). Halve the **green chilli** lengthways, deseed and finely chop. Finely chop the **chives**. Roughly chop the **serrano ham**. **TIP:** If you've got a pair of sharp kitchen scissors they'll make short work of the chives and ham!



### 2 COOK THE PASTA

Add the **linguine** and **stock powder** to the pan of boiling water. Cook until al dente, around 6 mins. **TIP:** 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle. When the **pasta** is cooked, drain it in a colander, reserving the **pasta stock** in a measuring jug. Drizzle the **pasta** with a little **olive oil** to stop it sticking together.



### 3 START THE SAUCE

While the **pasta** is cooking, heat a splash of **oil** in a frying pan on medium-high heat. Add the **chilli**, **ham** and **prawns** and cook for 3-4 mins. When the **prawns** have just turned pink, add the **garlic**. Cook for 1 minute more. Season with a good pinch of **salt** and **pepper**.



### 4 FINISH THE SAUCE

Pour some reserved **pasta stock** (see ingredients for amount) into the **sauce**. Turn the heat to low and add the **crème fraîche** and **three-quarters** of the **chives**. Simmer for a few minutes until it goes nice and velvety. If it seems a bit thick, add a little more **pasta stock**. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque all the way through.



### 5 COMBINE

Add the **pasta** to the **sauce**. Halve the **lemon** and add a good squeeze of **lemon juice**. Taste and add a little more **salt** and **pepper** if necessary. Stir gently to combine everything.



### 6 SERVE

Serve in bowls with a sprinkling of the remaining **chives** on top. **Tuck in!**

## 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Garlic Clove	2	3	4
Green Chilli	½	¾	1
Chives	½ bunch	1 bunch	1 bunch
Serrano Ham	1 small pack	1 medium pack	1 large pack
Linguine 13)	200g	300g	400g
Vegetable Stock Powder 10) 14)	½ pot	1 pot	1 pot
Pasta Stock	50ml	75ml	100ml
King Prawns 5)	150g	180g	250g
Crème Fraîche 7)	1 small pouch	1 large pouch	1 large pouch
Lemon	½	1	1

\*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 307G	PER 100G
Energy (kcal)	572	187
(kJ)	2393	781
Fat (g)	18	6
Sat. Fat (g)	8	3
Carbohydrate (g)	75	24
Sugars (g)	6	2
Protein (g)	32	11
Salt (g)	2.13	0.69

Nutrition for uncooked ingredients based on 2 person recipe.

#### ALLERGENS

5) Crustaceans 7) Milk 10) Celery 13) Gluten 14) Sulphites

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

#### THUMBS UP OR THUMBS DOWN?

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