



Prawn & Chorizo Spaghetti

with Fresh Vine Tomatoes



HELLO PRAWNS

To 'come the raw prawn with' someone is an Australian phrase meaning to try and deceive them!



Garlic Clove



Flat Leaf Parsley



Vine Tomato



Wheat Spaghetti



Diced Chorizo



King Prawns



Chilli Flakes



Tomato Passata

MEAL BAG
Hands on: 10 mins
Total: 25 mins

1 of your
5 a day
Little heat

Family Box

In the heady days of his youth, our Head Chef Patrick's favourite date night restaurant was a little Spanish place in London's Borough market. He ended up going there so often that he became best mates with the chef and started working in the kitchen at weekends! The classic Iberian combo of prawns and chorizo remains a favourite and he presents it here. Good for date night or any other night too!

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** and a **Frying Pan**. Now, let's get cooking!



1 DO THE PREP

Put a large saucepan of water with a generous pinch of salt on to boil for the pasta. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all). Chop the **vine tomato** into 2cm cubes.



2 COOK THE WHEAT SPAGHETTI

Add the **wheat spaghetti** to your pan of boiling water and cook for 11 mins or until 'al dente'. ★ **TIP:** 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle. Once cooked, drain the **wheat pasta** in a colander (keep a little of the **pasta water** to one side in case the sauce is too thick) and drizzle with a little **oil** to stop it sticking together.



3 START THE SAUCE

Meanwhile, heat a little **oil** in a frying pan on medium-high heat. Add the **chorizo** and stir-fry until slightly crispy, 3 mins.



4 POP IN THE PRAWNS!

Add the **garlic** and a small pinch of **chilli flakes**. Cook for 30 seconds. ★ **TIP:** Some like it hot, but if that's not you then go easy on the chilli! Add the **prawns**. Stir together and cook for a further 2-3 mins.



5 FINISH THE SAUCE

Pour in the **tomato passata**. Let the **mixture** simmer on medium heat for 5 mins. Add the **vine tomato**. Cook for 1 minute more. Season with a pinch of **salt** and plenty of **pepper**. ! **IMPORTANT:** The prawns are cooked when pink on the outside and opaque all the way through.

6 COMBINE AND SERVE!

Add the drained **wheat pasta** to the frying pan with the **sauce**. ★ **TIP:** If the sauce is too thick at this point, loosen it up with a splash of the reserved pasta water. Toss everything together. Divide between bowls and finish with a sprinkling of **parsley**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Garlic Clove *	2	3	4
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Vine Tomato	2	3	4
Wheat Spaghetti 13)	200g	250g	400g
Diced Chorizo	60g	90g	120g
King Prawns 5) *	120g	180g	250g
Chilli Flakes	a pinch	a pinch	a pinch
Tomato Passata	1 carton	1 carton	2 cartons

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 392G	PER 100G
Energy (kJ/kcal)	2517/602	642/154
Fat (g)	14	3
Sat. Fat (g)	4	1
Carbohydrate (g)	84	21
Sugars (g)	10	3
Protein (g)	33	8
Salt (g)	3.86	0.98

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

5) Crustaceans 13) Gluten

Wheat Spaghetti. Ingredients: Durum **wheat** semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

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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