



# Spicy Prawn Pasta

With Chargrilled Courgettes

Calorie Smart 20 Minutes • Under 600 Calories • Medium Spice • 1 of your 5 a day

15



Courgette



Spring Onion



Garlic Clove



Red Chilli



Linguine



Tomato Passata



Sun-dried  
Tomato Paste



Vegetable  
Stock Powder



King Prawns

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

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

## Ingredients

	2P	3P	4P
Courgette**	1	2	2
Spring Onion**	1	1	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Red Chilli**	1	1	1
Linguine <b>13</b> )	200g	300g	400g
Tomato Passata	1 carton	1½ cartons	2 cartons
Sun-dried Tomato Paste	1 sachet	2 sachets	2 sachets
Water for the Sauce*	50ml	75ml	100ml
Vegetable Stock Powder <b>10</b> )	1 sachet	2 sachets	2 sachets
King Prawns <b>5</b> )**	150g	250g	300g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>455g</b>	<b>100g</b>
Energy (kJ/kcal)	2205 /527	485 /116
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	90	20
Sugars (g)	16	3
Protein (g)	31	7
Salt (g)	2.44	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**5**) Crustaceans **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.

## Contact

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HelloFresh UK

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## Prep

- Bring a saucepan of **water** up to the boil with ½ 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).
- Halve the **chilli** lengthways, deseed then slice thinly.



## Make the Sauce

- Meanwhile return the frying pan to medium-high heat with a drizzle of **oil**.
- When hot, add the **garlic** and **half** of the **chilli** 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 chopping board 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 remaining **chilli**.



## 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 from sticking together.



## Time to Serve

- Add the drained **pasta** to the pan of **tomato sauce**.
- Mix well to combined, then season to taste with **salt** and **pepper**.
- Share between your bowls.
- Spoon over the **charred courgette**.

## 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.