



# King Prawn Spaghetti

with Chilli and Sun-Dried Tomatoes



## HELLO SPAGHETTI

The most popular pasta shape in the world, spaghetti, accounts for two-thirds of all pasta eaten.



Onion



Garlic Clove



Flat Leaf Parsley



Sun-Dried Tomatoes



Red Chilli



King Prawns



Red Wine Vinegar



Diced Tomatoes



Spaghetti

MEAL BAG

30 mins

3 of your 5 a day

Medium Heat

Simple fresh flavours are combined in this dish to create something really special. Juicy prawns and tangy sun-dried tomatoes will transport you to the Mediterranean sunshine in the time it takes to cook spaghetti. 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**), **Frying Pan** and **Colander**. 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. Halve, peel and finely chop the **onion**. Peel and grate the **garlic** (or use a garlic press). Pick the **parsley leaves** from their stalks and roughly chop the leaves. Finely chop the **stalks** (keep them separate). Finely chop the **sun-dried tomatoes**. Halve the **red chilli** lengthways, deseed and finely chop. Cut the **prawns** in half lengthways.



### 2 FRY THE VEGGIES

Heat a good glug of **oil** in a frying pan on medium heat. Once hot, add the **onion**, **garlic**, **sun-dried tomatoes** and as much **chilli** as you dare! Season with a pinch of **salt** and a grind of **black pepper**. Stir and cook until the **onion** is soft, about 5 mins.



### 3 SIMMER THE SAUCE

Add the **red wine vinegar**, **diced tomatoes** (and **passata** if you're cooking for three people), **parsley stalks** and a pinch of **sugar** (if you have some). Let the mixture simmer on medium-low heat until you have a nice thick sauce, about 10 mins.



### 4 COOK THE PASTA

Meanwhile, add the **spaghetti** to your pan of boiling water. Cook until 'al dente', 11 mins. **★ TIP:** 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle. Once cooked, drain in a colander and drizzle with a little **oil** to stop it sticking together.



### 5 ADD THE PRAWNS

Once the sauce has thickened, stir in the **prawns** and simmer for 3-5 mins. **★ TIP:** The prawns are cooked when pink on the outside and opaque all the way through.



### 6 FINISH AND SERVE

Combine the **pasta** and **sauce**. Sprinkle over most of the **parsley leaves** and toss everything together to mix thoroughly. Serve, sprinkled with the remaining **parsley leaves**. **Enjoy!**

## 2 PEOPLE INGREDIENTS

Onion, chopped	½
Garlic Clove, grated	2
Flat Leaf Parsley, chopped	½ small bunch
Sun-Dried Tomatoes, chopped	30g
Red Chilli, chopped	½
King Prawns, halved 5)	150g
Red Wine Vinegar 14)	1 tbsp
Diced Tomatoes	1 tin
Spaghetti 13)	180g

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	464	107
(kJ)	1951	451
Fat (g)	2	0
Sat. Fat (g)	1	0
Carbohydrate (g)	81	19
Sugars (g)	17	4
Protein (g)	27	6
Salt (g)	4.78	1.11

### ALLERGENS

5) Crustaceans 13) Gluten 14) Sulphites

**Red Wine Vinegar:** Wine, antioxidant E 224, [contains Sulphites].

### THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk) and we'll get back to you.

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