



# Lemon and Prawn Rigatoni with Peas

28

Calorie Smart 20 Minutes • 1 of your 5 a day • Under 650 Calories



Lemon



Echalion Shallot



Garlic Clove



Rigatoni



Vegetable Stock Paste



King Prawns



Peas



Creme Fraiche

### Recipe Update

Due to quality issues with **linguine**, you'll instead receive **rigatoni**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

**Pantry Items**  
Oil, Salt, Pepper

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, fine grater, garlic press, colander, frying pan and kitchen paper.

## Ingredients

Ingredients	2P	3P	4P
Lemon**	1	1	1
Echalion Shallot**	1	1	2
Garlic Clove**	1	2	2
Rigatoni <b>13)</b>	180g	270g	360g
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
King Prawns** <b>5)</b>	150g	225g	300g
Peas**	120g	180g	240g
Creme Fraiche** <b>7)</b>	75g	112g	150g

Pantry	2P	3P	4P
Reserved Pasta Water*	100ml	150ml	200ml

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

## Nutrition

Typical Values for uncooked ingredient	Per serving 355g	Per 100g 100g
Energy (kJ/kcal)	2384 /570	673 /161
Fat (g)	15.2	4.3
Sat. Fat (g)	8.1	2.3
Carbohydrate (g)	80.6	22.7
Sugars (g)	10.6	3.0
Protein (g)	29.6	8.3
Salt (g)	2.12	0.60

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).  
**Point™ values based on low-cal cooking spray oil.**

## Allergens

**5)** Crustaceans **7)** Milk **10)** Celery **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Get Prepped

- Bring a large saucepan of **water** to the boil with  $\frac{1}{2}$   **tsp salt** for the **linguine**.
- Zest and halve the **lemon**.
- Halve, peel and thinly slice the **shallot**.
- Peel and grate the **garlic** (or use a garlic press).



## Add the Prawns and Peas

- Drain the **prawns**.
- Stir the **prawns** and **peas** into the **sauce** and cook for another 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.



## Cook the Pasta

- When your pan of **water** is boiling, add the **rigatoni** and bring back to the boil. Cook until tender, 12 mins.
- Once cooked, reserve some of the **pasta water** (see pantry for amount), then drain in a colander.
- Pop the **rigatoni** back in the pan. Drizzle with **oil** and stir through to stop it from sticking together.



## Mix It Up

- Once the **prawns** are cooked, stir the **creme fraiche** and **lemon zest** into the **sauce**. Bring back to the boil, then remove from the heat.
- Season with **pepper**, then stir through the **cooked pasta**.
- Add a squeeze of **lemon juice**. Taste and season with **salt**, **pepper** and more **lemon juice** if needed.



## Start your Sauce

- While the **pasta** cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **shallot** and cook, stirring frequently, until softened, 3-4 mins.
- Stir in the **garlic** and cook for 1 min more.
- Pour in the **reserved pasta water** and **veg stock paste**, stir together, then bring to the boil. Simmer for 3-4 mins.



## Finish and Serve

- When ready, share the **prawn rigatoni** between your bowls.
- Serve with any remaining **lemon** cut into **wedges** for squeezing over.

## Enjoy!



Weight Watchers