



Prawn and Tomato Spaghetti with Peas and Cheese

28

Calorie Smart 20 Minutes • Mild Spice • 2 of your 5 a day • Under 650 Calories



Spaghetti



King Prawns



Garlic Clove



Tomato Passata



Red Wine
Stock Paste



Mixed Herbs



Peas



Grated Hard
Italian Style Cheese



Chilli Flakes

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

Before you start

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

Cooking tools

Kettle, saucepan, colander, frying pan and garlic press.

Ingredients

Ingredients	2P	3P	4P
Spaghetti 13	180g	270g	360g
King Prawns** 5	150g	225g	225g
Garlic Clove**	3	4	6
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste 14	28g	42g	56g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Peas**	120g	180g	240g
Grated Hard Italian Style Cheese** 7 8	20g	40g	40g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2584 /618	691 /165
Fat (g)	14.0	3.7
Sat. Fat (g)	7.6	2.0
Carbohydrate (g)	89.4	23.9
Sugars (g)	16.7	4.5
Protein (g)	33.0	8.8
Salt (g)	3.60	0.96

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 **8)** Egg **13)** Cereals containing gluten
14) Sulphites

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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Cook the Spaghetti

a) Boil a full kettle. Pour the **boiled water** into a large saucepan with **½ tsp salt** on high heat.

b) Add the **spaghetti** and bring back to the boil. Cook until tender, 8 mins.

c) Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Bring on the Sauce

a) Stir the **passata, red wine stock paste, mixed herbs, sugar and water for the sauce** (see pantry for both amounts) into the pan. Bring to the boil, then reduce the heat and simmer until thickened, 4-5 mins.

b) Stir in the **peas** and heat until piping hot, 1 min.

c) Mix in the **butter** (see pantry for amount) until melted.



Fry the Prawns

a) While the **spaghetti** cooks, drain the **prawns**.

b) Heat a drizzle of **oil** in a large frying pan on medium-high heat.

c) Once hot, add the **prawns**. Season with **salt** and **pepper** and stir-fry for 4-5 mins.

IMPORTANT: Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.



All Together Now

a) Taste the **sauce** and season with more **salt** and **pepper** if needed.

b) Once ready, stir the **cooked spaghetti** into the **sauce**. Add a splash of **water** to loosen the **sauce** if needed.



Garlic Time

a) Meanwhile, peel and grate the **garlic** (or use a garlic press).

b) Once the **prawns** are cooked, add the **garlic** to the frying pan and fry until fragrant, 1 min.



Serve Up

a) Share the **prawn spaghetti** between your bowls.

b) Sprinkle over the **cheese** and **chilli flakes** (add less if you'd prefer things milder) to finish.

Enjoy!



Weight Watchers