



# Prawn and Tomato Spaghetti with Peas and Cheese

**Quick** 20 Minutes • **Mild Spice** • 2 of your 5 a day

6



-  Spaghetti
-  King Prawns
-  Garlic Clove
-  Tomato Passata
-  Red Wine Stock Paste
-  Mixed Herbs
-  Peas
-  Grated Hard Italian Style Cheese
-  Chilli Flakes
-  King Prawns

**Pantry Items**  
Oil, Salt, Pepper, Sugar, Butter

**CUSTOM RECIPE**

If you chose to add or double up on protein, then just follow the instructions on the back of this card.  
Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

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

## Ingredients

| Ingredients                                     | 2P        | 3P         | 4P        |
|---|-----------|------------|-----------|
| Spaghetti <b>13)</b>                            | 180g      | 270g       | 360g      |
| King Prawns** <b>5)</b>                         | 150g      | 225g       | 300g      |
| Garlic Clove**                                  | 3         | 4          | 6         |
| Tomato Passata                                  | 1 carton  | 1½ cartons | 2 cartons |
| Red Wine Stock Paste <b>14)</b>                 | 28g       | 42g        | 56g       |
| Mixed Herbs                                     | 1 sachet  | 1 sachet   | 2 sachets |
| Peas**  | 120g      | 180g       | 240g      |
| Grated Hard Italian Style Cheese** <b>7) 8)</b> | 20g       | 40g        | 40g       |
| Chilli Flakes                                   | 1 pinch   | 1 pinch    | 2 pinches |
| King Prawns** <b>5)</b>                         | 150g      | 225g       | 300g      |
| <b>Pantry</b>                                   | <b>2P</b> | <b>3P</b>  | <b>4P</b> |
| 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          | Custom Recipe |          |             |          |
|-------------------------|---------------|----------|-------------|----------|
|                         | Per serving   | Per 100g | Per serving | Per 100g |
| for uncooked ingredient | 374g          | 100g     | 450g        | 100g     |
| Energy (kJ/kcal)        | 2584 /618     | 691 /165 | 2804 /670   | 624 /149 |
| Fat (g)                 | 14.0          | 3.7      | 14.7        | 3.3      |
| Sat. Fat (g)            | 7.6           | 2.0      | 7.9         | 1.8      |
| Carbohydrate (g)        | 89.4          | 23.9     | 89.4        | 19.9     |
| Sugars (g)              | 16.7          | 4.5      | 16.7        | 3.7      |
| Protein (g)             | 33.0          | 8.8      | 44.7        | 10.0     |
| Salt (g)                | 3.60          | 0.96     | 4.5         | 1.00     |

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## 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

- Boil a full kettle. Pour the **boiled water** into a large saucepan with  $\frac{1}{2}$  **tsp salt** on high heat.
- Add the **spaghetti** and bring back to the boil. Cook until tender, 8 mins.
- 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

- Stir in the **passata, red wine stock paste, mixed herbs, sugar and water for the sauce** (see pantry for both amounts). Bring to the boil, then reduce the heat and simmer until thickened, 3-4 mins.
- Stir in the **peas** and heat until piping hot, 1 min.
- Mix in the **butter** (see pantry for amount) until melted.



## Fry the Prawns

- While the **spaghetti** cooks, drain the **prawns**.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **prawns**. Season with **salt and pepper** and stir-fry for 2-3 mins. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.

## CUSTOM RECIPE

If you've chosen to double up on **king prawns**, drain them, then cook the recipe in the same way.



## All Together Now

- Stir in the **hard Italian style cheese**, then taste the **sauce** and season with **salt and pepper** if needed.
- Once ready, stir through the **cooked spaghetti**. Add a splash of **water** to loosen the **sauce** if needed.



## Garlic Time

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Add the **garlic** to the **prawns** and fry until fragrant, 1 min.



## Serve Up

- Share the **prawn spaghetti** between your bowls.
- Sprinkle over the **chilli flakes** (add less if you'd prefer things milder) to finish.

## Enjoy!