



Quick Creamy Prawn Rigatoni with Charred Courgette and Lemon

28

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



Rigatoni Pasta



Courgette



Lemon



Garlic Clove



Creme Fraiche



Vegetable Stock
Paste



King Prawns

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, colander, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Rigatoni Pasta 13	180g	270g	360g
Courgette**	1	2	2
Lemon**	½	1	1
Garlic Clove**	1	2	2
Creme Fraiche** 7	150g	225g	300g
Vegetable Stock Paste 10	10g	15g	20g
King Prawns** 5	150g	300g	300g

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	413g	100g
Energy (kJ/kcal)	2717 /649	658 /157
Fat (g)	26.9	6.5
Sat. Fat (g)	15.6	3.8
Carbohydrate (g)	76.1	18.4
Sugars (g)	9.2	2.2
Protein (g)	27.9	6.8
Salt (g)	2.06	0.50

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

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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The Fresh Farm
60 Worship St, London EC2A 2EZ

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Cook the Pasta

a) Bring a large saucepan of **water** to the boil with **½ tsp salt**.

b) When boiling, add the **rigatoni** to the **water** and bring back to the boil. Cook until tender, 12 mins.

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



Make the Creamy Sauce

a) Once the **courgette chunks** are browned, lower the heat and add the **creme fraiche**, **veg stock paste** and **water for the sauce** (see pantry for amount) to the pan. Stir together and season with **salt** and **pepper**.

b) Bring to a simmer, then cook until the **sauce** has thickened slightly, 3-4 mins.

c) Meanwhile, drain the **prawns**. **IMPORTANT:** Wash your hands and equipment after handling raw prawns.



Get Prepped

a) While the **pasta** cooks, trim the **courgette**, then quarter lengthways. Chop into 1cm chunks.

b) Halve the **lemon** (see ingredients for amount).

c) Peel and grate the **garlic** (or use a garlic press).



Add the Prawns

a) Once thickened, bring the **sauce** to the boil. Stir in the **prawns** and cook for another 5-6 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.

b) When ready, mix the **cooked pasta** into the **sauce** with a squeeze of **lemon juice**.

c) Taste and season with **salt** and **pepper**. Add a splash of **water** if the **sauce** is a little too thick.



Fry the Courgette

a) Heat a large frying pan on high heat (no oil).

b) Once hot, add the **courgette chunks** and cook until starting to brown, 5-6 mins.

c) Add the **garlic** and cook, stirring, for 30 secs.



Finish and Serve

a) Serve your **creamy prawn pasta** between your bowls.

b) Add more **lemon juice** if needed.

Enjoy!