











Presto Prawn and Mushroom Linguine with Tenderstem® and Cheese

39B

Quick 20-25 Minutes • 1 of your 5 a day



-  Linguine
-  Garlic Clove
-  Tenderstem Broccoli
-  King Prawns
-  Sliced Mushrooms
-  Creme Fraiche
-  Vegetable Stock Paste
-  Grated Hard Italian Style Cheese

CUSTOMISED RECIPE

If you chose to customise your recipe, then just follow the instructions on the back of this card.
Happy cooking!

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

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

Ingredients

Ingredients	2P	3P	4P
Linguine 13)	180g	270g	360g
Garlic Clove**	1	2	2
Tenderstem®			
Broccoli**	150g	200g	300g
King Prawns** 5)	225g	225g	450g
Sliced Mushrooms**	80g	120g	120g
Creme Fraiche** 7)	150g	225g	300g
Vegetable Stock Paste 10)	10g	15g	20g
Grated Hard Italian Style Cheese** 7) 8)	20g	30g	40g

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

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	460g	100g
Energy (kJ/kcal)	3006 / 719	654 / 156
Fat (g)	29.9	6.5
Sat. Fat (g)	17.5	3.8
Carbohydrate (g)	72.4	15.7
Sugars (g)	7.1	1.6
Protein (g)	38.9	8.5
Salt (g)	2.67	0.58

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

Allergens

5) Crustaceans **7)** Milk **8)** Egg **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, cereals containing 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 Pasta

- Boil a full kettle. Pour the **boiled water** into a large saucepan with $\frac{1}{2}$ **tsp salt** on high heat.
- Add the **pasta** and bring back to the boil.
- Cook until tender, 12 mins.



Add the Tenderstem®

- Once the **prawns** are cooked, stir in the **garlic** and cook for 30 secs.
- When the **pasta** has 4 mins left, add the **broccoli** to the same pan and cook for the remaining time.
- Once the **pasta** and **broccoli** are cooked, reserve some of the **pasta water** (see pantry for amount), then drain in a colander. Drizzle with **oil** and stir through to prevent it sticking.



Get Prepped

- While the **pasta** cooks, peel and grate the **garlic** (or use a garlic press).
- Halve the **Tenderstem® broccoli** widthways.



Bring on the Sauce

- Stir the **reserved pasta water**, **creme fraiche** and **veg stock paste** into the **mushrooms** and **prawns**, simmer for 2-3 mins.
- Add the **cooked pasta**, **broccoli** and **hard Italian style cheese** to the **sauce** and gently toss to coat.
- Add another splash of **water** if the **sauce** is a bit thick. Season to taste with **salt** and **pepper**.



Start Frying

- Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat. Drain the **prawns**.
- Once hot, add the **sliced mushrooms** and **prawns**.
- Cook, stirring occasionally, until the **prawns** are cooked through, 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.



Serve

- Share the **prawn and mushroom linguine** between your bowls.

Enjoy!