



Creamy Cajun Prawn Pasta with Peas

Quick 20 Minutes • **Medium Spice**

6



Rigatoni Pasta



Garlic Clove



King Prawns



Cajun Spice Mix



Creme Fraiche



Vegetable Stock Paste



Peas



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, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Rigatoni Pasta 13	180g	270g	360g
Garlic Clove**	2	3	4
King Prawns** 5	150g	225g	300g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Crema Fraiche** 7	150g	225g	300g
Vegetable Stock Paste 10	10g	15g	20g
Peas**	120g	180g	240g
King Prawns** 5	150g	225g	300g

Pantry	2P	3P	4P
Sugar*	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	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	374g	100g	449g	100g
Energy (kJ/kcal)	3096 / 740	828 / 198	3262 / 780	727 / 174
Fat (g)	34.9	9.3	35.3	7.9
Sat. Fat (g)	20.6	5.5	20.8	4.6
Carbohydrate (g)	80.0	21.4	80.0	17.8
Sugars (g)	11.2	3.0	11.2	2.5
Protein (g)	27.1	7.2	36.0	8.0
Salt (g)	2.45	0.66	3.46	0.77

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, 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. Be careful when adding water to hot pans while cooking.

Contact

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Pasta Time

a) Boil a full kettle. Pour the **boiled water** into a large saucepan with $\frac{1}{2}$ **tsp salt** on high heat.

b) Add the **rigatoni** and bring back to the boil. Cook until tender, 12 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.



Sauce it Up

a) Once fragrant, stir through the **crema fraiche**, **veg stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Season with **salt** and **pepper**.

b) Bring the **sauce** to a boil, then lower to a simmer until thickened, 3-4 mins.



Finish the Prep

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

b) Drain the **prawns**. **IMPORTANT:** Wash your hands and equipment after handling raw prawns.

CUSTOM RECIPE

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



Cook the Prawns

a) Once the **sauce** is thickened, stir in the **prawns** and cook for 5-6 mins. **IMPORTANT:** They're cooked when *pink on the outside and opaque in the middle*.

b) Once the **prawns** are cooked, stir through the **peas**, **cooked pasta** and **butter** (see pantry for amount) until the **butter** has melted, 1 min more.



Add the Flavour

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

b) Once hot, add the **garlic** and **Cajun spice mix** (add less if you'd prefer things milder) and fry until fragrant, 1 min.



Finish and Serve

a) Taste and season with **salt** and **pepper** if you feel it needs it.

b) Share your **Cajun prawn pasta** between your bowls.

Enjoy!