



# Prawn and Tomato Linguine with Charred Courgette and Red Chilli

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

6



Courgette



Red Chilli



Garlic Clove



Mature Cheddar  
Cheese



Linguine



Tomato Passata



Sun-Dried  
Tomato Paste



Vegetable Stock  
Paste



King Prawns



King Prawns

### Pantry Items

Oil, Salt, Pepper

### 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

Saucepan, garlic press, grater, frying pan, bowl and colander.

## Ingredients

Ingredients	2P	3P	4P
Courgette**	1	2	2
Red Chilli**	½	¾	1
Garlic Clove**	2	3	4
Mature Cheddar Cheese** 7)	30g	40g	60g
Linguine 13)	180g	270g	360g
Tomato Passata	1 carton	1½ cartons	2 cartons
Sun-Dried Tomato Paste	25g	50g	50g
Vegetable Stock Paste 10)	10g	15g	20g
King Prawns** 5)	150g	225g	300g
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<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Sauce*	75ml	100ml	150ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>462g</b>	<b>100g</b>	<b>537g</b>	<b>100g</b>
Energy (kJ/kcal)	2191/524	474/113	2358/563	439/105
Fat (g)	9.9	2.2	10.3	1.9
Sat. Fat (g)	4.3	0.9	4.4	0.8
Carbohydrate (g)	78.6	17.0	78.6	14.6
Sugars (g)	11.7	2.5	11.7	2.2
Protein (g)	28.7	6.2	37.7	7.0
Salt (g)	3.16	0.68	4.17	0.78

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, mollusc, 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.


HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

## Contact

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## Get Prepped

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

b) Trim the **courgette**, then slice into 1cm thick rounds. Halve the **chilli** lengthways, deseed, then finely chop.

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



## Make your Tomato Sauce

a) Meanwhile, put the (now empty) frying pan on medium-high heat with a drizzle of **oil**.

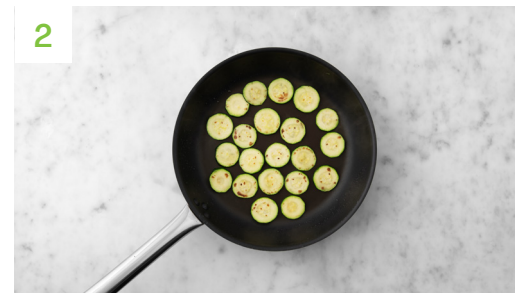
b) Once hot, add the **garlic** and **half** the **red chilli** (add less if you'd prefer things milder) and cook, stirring, for 1 min.

c) Stir in the **passata**, **sun-dried tomato paste**, **veg stock paste** and **water for the sauce** (see pantry for amount). Bring to the boil, then simmer until thickened, 4-5 mins.

d) In the meantime, drain the **prawns**. **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**, cook the recipe in the same way.



## Char the Courgette

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

b) When hot, add the **courgette** and cook until charred, 3-4 mins each side.

c) Once cooked, season with **salt** and **pepper**, then transfer the **courgette** to a bowl.



## Add the Prawns

a) Once thickened, stir the **prawns** into the **sauce** and cook for 5-6 mins.

b) Meanwhile, roughly chop the **charred courgette rounds**.

c) In a small bowl, mix together the **chopped courgette** and the remaining **red chilli** (add less if you'd prefer things milder).



## Cook the Pasta

a) When your pan of **water** is boiling, add the **linguine** and bring back to the boil. Cook until tender, 12 mins.

b) Once cooked, drain in a colander.

c) Pop back into the pan, drizzle with **oil** and stir through to stop it sticking together.



## Finish and Serve

a) Add the **cooked pasta**, **cheese** and **half** the **charred courgette mixture** to the **sauce**.

b) Mix well to combine, then season to taste with **salt** and **pepper**. Add a splash of **water** if it's a little thick.

c) Share the **prawn linguine** between your bowls, then spoon over the remaining **charred courgette mixture** to finish.

## Enjoy!