



Lemon and Prawn Linguine with Peas

Calorie Smart

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

28



Lemon



Echalion Shallot



Garlic Clove



Linguine



Vegetable Stock Paste



King Prawns



Peas



Creme Fraiche



Diced British
Chicken Breast

Pantry Items

Oil, Salt, Pepper



Make it Higher Protein

If you chose to make this recipe higher 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.

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P
Lemon**	1	1	1
Echalion Shallot**	1	1	2
Garlic Clove**	1	2	2
Linguine 13	180g	270g	360g
Vegetable Stock Paste 10	10g	15g	20g
King Prawns** 5	150g	225g	300g
Peas**	120g	180g	240g
Creme Fraiche** 7	75g	112.5g	150g
Diced British Chicken Breast**	250g	390g	520g
Pantry	2P	3P	4P
Reserved Pasta Water*	75ml	120ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	401g	100g	531g	100g
Energy (kJ/kcal)	2353 / 562	587 / 140	3000 / 717	566 / 135
Fat (g)	14.8	3.7	17.2	3.2
Sat. Fat (g)	8.1	2.0	8.8	1.7
Carbohydrate (g)	83.5	20.8	83.6	15.8
Sugars (g)	12.8	3.2	12.9	2.4
Protein (g)	26.9	6.7	58.3	11.0
Salt (g)	2.24	0.56	2.43	0.46

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.

Contact

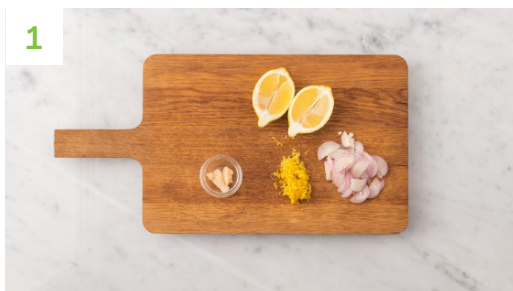
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Get Prepped

- Boil a full kettle.
- Zest and halve the **lemon**.
- Halve, peel and thinly slice the **shallot**.
- Peel and grate the **garlic** (or use a garlic press).



Cook the Pasta

- Pour the **boiled water** into a large saucepan on high heat.
- Add the **linguine** and $\frac{1}{2}$ **tsp salt** and bring back to the boil. Cook until tender, 12 mins.
- Once cooked, reserve some of the **pasta water** (see pantry for amount), then drain in a colander.
- Pop the **linguine** back in the pan. Drizzle with **oil** and stir through to stop it from sticking together.

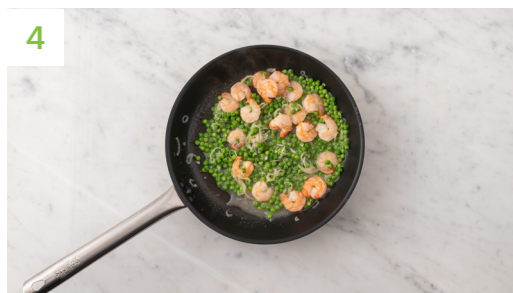


Start your Sauce

- While the **pasta** cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **shallot** and cook, stirring frequently, until softened, 3-4 mins.
- Stir in the **garlic** and cook for 1 min more.
- Pour in the **reserved pasta water** and **veg stock paste**, stir together, then bring to the boil. Simmer for 3-4 mins.

Make it Higher Protein

If you've chosen a higher protein version, add the **chicken** to the pan with the **shallot**. Continue as instructed, the **chicken** will cook through with the **prawns**. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



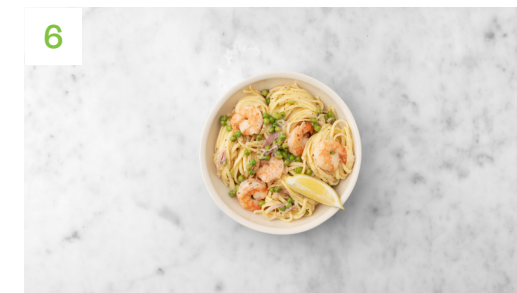
Add the Prawns and Peas

- Drain the **prawns**.
- Stir the **prawns** and **peas** into the **sauce** and cook for another 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.



Mix It Up

- Once the **prawns** are cooked, stir the **creme fraiche** and **lemon zest** into the **sauce**. Bring back to the boil, then remove from the heat.
- Season with **pepper**, then stir through the **cooked pasta**.
- Add a squeeze of **lemon juice**. Taste and season with **salt**, **pepper** and more **lemon juice** if needed.



Finish and Serve

- When ready, share the **prawn linguine** between your bowls.
- Serve with any remaining **lemon** cut into wedges for squeezing over.

Enjoy!