

Orkney Crab and King Prawn Mac and Cheese

with Zesty Baby Leaf and Tomato Salad

Gastropub 25-30 Minutes • Mild Spice • 1 of your 5 a day



Baby Plum Tomatoes



Garlic Clove



Chives



Mature Cheddar Cheese



Lemon



Macaroni



King Prawns



Central American Style Spice Mix



Vegetable Stock Paste



Creme Fraiche



Orkney Crab Meat



Baby Leaf Mix

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Butter, Plain Flour

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, kitchen scissors, grater, bowl and colander.

Ingredients

Ingredients	2P	3P	4P
Baby Plum Tomatoes	125g	190g	250g
Garlic Clove**	2	3	4
Chives**	1 bunch	1½ bunches	2 bunches
Mature Cheddar Cheese**	80g	120g	160g
Lemon**	1	1½	2
Macaroni 13	180g	270g	360g
King Prawns** 5	150g	225g	300g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste	10g	15g	20g
Crème Fraîche** 7	150g	225g	300g
Orkney Crab Meat** 5	100g	150g	200g
Baby Leaf Mix**	50g	75g	100g
Pantry	2P	3P	4P
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Butter*	20g	30g	40g
Plain Flour*	1½ tbsp	2 tbsp	3 tbsp
Water for the Sauce*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	613g	100g
Energy (kJ/kcal)	4226/1010	689/165
Fat (g)	54.5	8.9
Sat. Fat (g)	30.5	5.0
Carbohydrate (g)	85.9	14.0
Sugars (g)	10.9	1.8
Protein (g)	46.8	7.6
Salt (g)	4.08	0.67


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

Allergens

5) Crustaceans **7)** Milk **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.

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Get Started

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

Halve the **baby plum tomatoes**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **chives** (use scissors if easier).

Grate the **cheese**. Cut the **lemon** into wedges.

In a large bowl, mix in **half** the **lemon juice**, the **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**. Add the **tomatoes** to macerate and set aside.



Make your Sauce

Add the **grated garlic** and the **Central American style spice mix** to the **prawns**. Stir-fry for 1 min.

Next, stir in the **flour** (see pantry for amount). Cook, stirring, until it forms a **paste**, 1-2 mins - you've made a **roux!**

Gradually stir in the **water for the sauce** (see pantry for amount) and the **veg stock paste**. Bring to the boil, stir and simmer until thickened, 1-2 mins.

Stir in the **crème fraîche**.



Cook the Pasta

When the **water** is boiling, stir the **macaroni** into the **water** and bring back to the boil. Cook until tender, 12 mins.

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



Finishing Touches

Add the **grated cheese** and **crab meat** to the **sauce** and stir until melted, 1-2 mins.

Mix in the **cooked pasta**. Season with **salt** and **pepper**. Remove from the heat. Stir in a good squeeze of **lemon juice**.

Add the **baby leaves** to the **dressing** bowl and toss until evenly coated.



Fry the Prawns

Meanwhile, drain the **prawns**. Melt the **butter** (see pantry for amount) in a large saucepan on medium-high heat.

Once hot, add the **prawns** and stir-fry for 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 your **crab and prawn mac and cheese** between your bowls.

Sprinkle the **chives** on top.

Serve with the **salad** and any remaining **lemon wedges** on the side.

Enjoy!