

# Creamy King Prawn and Tarragon Tagliatelle



with Crispy Serrano Ham and Honey Mustard Rocket

Premium 25-30 Minutes





**Echalion Shallot** 







Tarragon







Wholegrain Mustard

Chicken Stock Paste



Honey



Walnuts



Creme Fraiche



King Prawns



Fresh Tagliatelle



Pantry Items Oil, Salt, Pepper, Olive Oil

#### Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

# Cooking tools

Saucepan, garlic press, baking tray, frying pan, bowl and

#### Ingredients

Ingredients	2P	3P	4P	
Echalion Shallot**	1	1	2	
Garlic Clove**	1	2	2	
Tarragon**	1 bunch	1 bunch	1 bunch	
Serrano Ham**	2 slices	3 slices	4 slices	
Chicken Stock Paste	10g	15g	20g	
Wholegrain Mustard 9)	8g	12g	17g	
Honey	15g	30g	30g	
Walnuts 2)	20g	40g	40g	
Creme Fraiche** 7)	150g	225g	300g	
King Prawns** 5)	225g	300g	450g	
Fresh Tagliatelle** 8) 13)	200g	300g	400g	
Rocket**	20g	40g	40g	
Pantry	2P	3P	4P	
Water for the Sauce*	100ml	150ml	200ml	
Olive Oil for the Dressing*	½ tbsp	¾ tbsp	1 tbsp	
*N. J. J. J. J. J. **C. J. J. F. J. J.				

<sup>\*</sup>Not Included \*\*Store in the Fridge

#### **Nutrition**

Typical Values	Per serving	Per 100g
for uncooked ingredient	370g	100g
Energy (kJ/kcal)	2764 /661	747 / 178
Fat (g)	37.6	10.2
Sat. Fat (g)	17.0	4.6
Carbohydrate (g)	46.9	12.7
Sugars (g)	10.9	3.0
Protein (g)	35.6	9.6
Salt (g)	3.42	0.92

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

### Allergens

2) Nuts 5) Crustaceans 7) Milk 8) Egg 9) Mustard 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, 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.

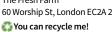
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## **Get Prepped**

Preheat your oven to 220°C/200°C fan/gas mark 7.

Put a large saucepan of water with 1/2 tsp salt on to boil for the pasta.

Halve, peel and thinly slice the shallot. Peel and grate the **garlic** (or use a garlic press). Pick the tarragon leaves from their stalks and roughly chop (discard the stalks).

When the oven is hot, lay the Serrano ham on a baking tray and bake on the top shelf until crisp and golden, 5-7 mins. Remove from the oven and set aside to cool.



#### Start the Sauce

While the Serrano bakes, heat a drizzle of oil in a large frying pan on medium-high heat.

Once hot, add the **shallot** and cook until softened, 3-4 mins. Stir in the **garlic** and cook for 1 min more. Stir in the water for the sauce (see pantry for

amount), chopped tarragon and chicken stock paste, then bring to the boil for 1-2 mins.



# Mix your Salad Dressing

Meanwhile, pop the **mustard** (see ingredients for amount), olive oil for the dressing (see pantry for amount) and honey into a small bowl. TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.

Season with **salt** and **pepper**, then mix together. Loosen with a splash of **water** if it's a little thick. Roughly chop the walnuts, then add them to the dressing. Set aside.



# Bring on the Prawns

Once the **sauce** is boiling, turn the heat down to a simmer and stir in the creme fraiche.

Bring back to the boil, then stir in the prawns and cook for another 5-6 mins. Stir occasionally. IMPORTANT: Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.



# Tagliatelle Time

While the prawns cook, add the tagliatelle to the pan of **boiling water** and bring back to the boil. Cook until tender, 3-4 mins.

Once cooked, add a splash of pasta water to the sauce if it's a little too thick, then drain the tagliatelle in a colander.

Add your tagliatelle to your creamy sauce and toss well to coat.



#### Finish and Serve

When everything's ready, add the **rocket** to the bowl of **dressing** and toss to coat.

Share the **prawn tagliatelle** between your bowls. Break up the crispy Serrano ham into pieces and scatter over the top.

Serve with the **rocket salad** alongside.

Enjoy!