



# Creamy Prawn and Bacon Spaghetti

with Green Chilli and Garlic

Rapid 20 Minutes • Medium Spice

6



Green Chilli



Garlic Clove



Spaghetti



Bacon Lardons



King Prawns



Vegetable Stock Paste



Creme Fraiche



King Prawns

### Pantry Items

Oil, Salt, Pepper

### CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade 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.

## Cooking tools

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

## Ingredients

Ingredients	2P	3P	4P
Green Chilli**	½	1	1
Garlic Clove**	1	2	2
Spaghetti <b>13</b>	180g	270g	360g
Bacon Lardons**	60g	90g	120g
King Prawns** <b>5</b>	150g	225g	300g
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Crème Fraîche** <b>7</b>	150g	225g	300g
King Prawns** <b>5</b>	150g	425g	300g

Pantry	2P	3P	4P
Reserved Pasta Water*	100ml	150ml	200ml

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2963 / 708	1050 / 251
Fat (g)	32.4	11.5
Sat. Fat (g)	18.5	6.6
Carbohydrate (g)	72.9	25.9
Sugars (g)	5.6	2.1
Protein (g)	32.3	11.5
Salt (g)	2.87	1.02

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	357g	100g
Energy (kJ/kcal)	3182 / 761	891 / 213
Fat (g)	33.1	9.3
Sat. Fat (g)	18.8	5.3
Carbohydrate (g)	73.0	20.5
Sugars (g)	6.1	1.7
Protein (g)	44.1	12.3
Salt (g)	3.85	1.08

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, 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.

## Contact

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## Get Prepped

- Fill and boil your kettle.
- Halve the **chilli** lengthways, deseed and finely chop.
- Peel and grate the **garlic** (or use a garlic press).
- Pour the boiling **water** into a large saucepan on high heat and add **½ tsp salt**.



## Sauce Things Up

- Add the **reserved pasta water** to the pan and stir through the **veg stock paste**.
- Reduce the heat to low, then stir in the **crème fraîche** until well combined.
- Simmer until the **prawns** are cooked through and the **sauce** is piping hot, another 2-3 mins.  
**IMPORTANT:** *The prawns are cooked when pink on the outside and opaque in the middle. Cook bacon thoroughly.*



## Cook the Pasta

- Add the **spaghetti** to the **boiling water** and bring back to the boil. Cook until tender, 8 mins.
- Once cooked, reserve some **pasta water** (see pantry for amount) for your **sauce**, then drain in a colander.
- Drizzle with **oil** and stir through to stop it sticking together.



## Combine and Stir

- Add the **cooked pasta** to your **creamy sauce** and toss to coat, adding a splash of **water** if you feel it needs it.
- Season to taste with **salt** and **pepper**.



## Time to Fry

- While the **pasta** cooks, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, add the **bacon lardons** and a pinch of the **chopped chilli** (careful, it's hot - add less if you'd prefer things milder). Cook, stirring, until golden, 2-3 mins.
- Add the **prawns** and cook for 2 mins more.  
**IMPORTANT:** *Wash your hands and equipment after handling raw meat and prawns.*
- Stir in the **garlic** and cook for 1 min.

## CUSTOM RECIPE

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



## Serve

- Serve your **creamy prawn** and **bacon spaghetti** in bowls.
- Finish with a sprinkle of the remaining **chilli** if you'd like some more heat.

## Enjoy!