

Prawn and Tomato Linguine

with Charred Courgette and Chilli

20 Minutes • Mild Spice • 2 of your 5 a day







Courgette







Mature Cheddar



Cheese



Chilli Flakes



Tomato Passata



Sun-Dried Tomato



Vegetable Stock

Paste

Paste



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

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

Ingredients

Ingredients	2P	3P	4P			
Courgette**	1	2	2			
Garlic Clove**	2	3	4			
Mature Cheddar Cheese** 7)	30g	40g	60g			
Linguine 13)	180g	270g	360g			
Chilli Flakes	1 pinch	1 pinch	2 pinches			
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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Pantry	2P	3P	4P			
Water for the Sauce*	75ml	100ml	150ml			
*Not Included **Store in the Fridge						

Mutrition

Taci icioii			Custom Recipe	
Typical Values	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	418g	100g	493g	100g
Energy (kJ/kcal)	2238 /535	536/128	2458 /587	499/119
Fat (g)	10.3	2.5	11.1	2.2
Sat. Fat (g)	4.3	1.0	4.6	0.93
$Carbohydrate\left(g\right)$	78.1	18.7	78.1	15.9
Sugars (g)	11.4	2.7	11.4	2.3
Protein (g)	31.5	7.5	43.3	8.8
Salt (g)	3.02	0.72	3.92	0.8

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

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.

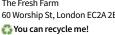
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Get Prepped

- a) Bring a large saucepan of water to the boil with 1/2 tsp salt for the pasta.
- **b)** Trim the **courgette**, then slice into 1cm thick rounds.
- c) Peel and grate the garlic (or use a garlic press). Grate the cheese.



Char the Courgette

- a) Heat a large frying pan on high heat (no oil).
- b) Once hot, add the courgette and cook until charred, 5-6 mins. Turn only every couple of mins
- this will result in the **courgette** picking up some nice colour.
- c) Transfer to a bowl and allow to cool.



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.



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 a pinch of chilli flakes (add less if you'd prefer things milder) and cook, stirring, for 1 min.
- c) Stir in the tomato passata, sun-dried tomato paste, veg stock paste and water for the sauce (see pantry for amount). Bring to the boil and simmer until thickened, 4-5 mins.



Add the Prawns

- a) Once thickened, stir the prawns into the tomato sauce and cook for 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.
- b) Meanwhile, roughly chop the charred courgette rounds.
- c) In a small bowl, mix together the chopped courgette and a pinch of chilli flakes (add less if you'd prefer things milder).



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



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!