



Herby Lemon and Prawn Linguine with Peas and Parsley

Rapid 20 Minutes • 1 of your 5 a day

6



Lemon



Flat Leaf Parsley



Echalion Shallot



Garlic Clove



Linguine



Vegetable Stock Paste



King Prawns



Peas



Creme Fraiche

Pantry Items

Oil, Salt, Pepper

Before you start

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

Cooking tools

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

Ingredients

| Ingredients | 2P | 3P | 4P |
|---------------------------------|---------|---------|---------|
| Lemon** | 1 | 1 | 1 |
| Flat Leaf Parsley** | 1 bunch | 1 bunch | 1 bunch |
| 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 |
| Crema Fraiche** 7 | 75g | 112g | 150g |

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

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 349g | 100g |
| Energy (kJ/kcal) | 2354 /563 | 675 /162 |
| Fat (g) | 15.1 | 4.3 |
| Sat. Fat (g) | 8.2 | 2.3 |
| Carbohydrate (g) | 76.3 | 21.9 |
| Sugars (g) | 10.5 | 3.0 |
| Protein (g) | 29.5 | 8.5 |
| Salt (g) | 1.93 | 0.55 |

Nutrition for uncooked ingredients based on 2 person recipe.

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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Get Prepped

a) Bring a large saucepan of **water** to the boil with $\frac{1}{2}$ **tsp salt** for the **linguine**.

b) Zest and halve the **lemon**. Roughly chop the **parsley** (stalks and all).

c) Halve, peel and thinly slice the **shallot**.

d) Peel and grate the **garlic** (or use a garlic press).



Add the Prawns and Peas

a) 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. The prawns are cooked when pink on the outside and opaque in the middle.



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, reserve the **pasta water** (see ingredients for amount) to make the **sauce** later, then drain in a colander.

c) Pop the **linguine** back in the pan. Drizzle with **oil** and stir through to stop it from sticking together.



Mix It Up

a) Once the **prawns** are cooked, stir the **crema fraiche** and **lemon zest** into the **sauce**. Bring back to the boil, then remove from the heat.

b) Season with **pepper**, then stir through the **cooked pasta** and **half the parsley**.

c) Add a squeeze of **lemon juice**. Taste and season with **salt**, **pepper** and more **lemon juice** if needed.



Make your Sauce

a) While the **pasta** cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat.

b) Once hot, add the **shallot** and cook, stirring frequently, until softened, 3-4 mins.

c) Stir in the **garlic** and cook for 1 min more.

d) Pour in the reserved **pasta water** and **veg stock paste**, stir together, then bring to the boil. Simmer for 3-4 mins.



Finish and Serve

a) When ready, share the **prawn linguine** between your bowls.

b) Sprinkle with the remaining **parsley**, then serve with any remaining **lemon** cut into **wedges** for squeezing over.

Enjoy!