



Prawn and Tomato Linguine with Charred Courgette and Chilli

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

6



Courgette



Garlic Clove



Mature Cheddar
Cheese



Linguine



Chilli Flakes



Tomato Passata



Sun-Dried
Tomato Paste



Vegetable Stock
Paste



King Prawns

Pantry Items
Oil, Salt, Pepper

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 kitchen paper.

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
Pantry	2P	3P	4P
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2238 /535	536 /128
Fat (g)	10.3	2.5
Sat. Fat (g)	4.3	1.0
Carbohydrate (g)	78.1	18.7
Sugars (g)	11.4	2.7
Protein (g)	31.5	7.5
Salt (g)	3.02	0.72

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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60 Worship St, London EC2A 2EZ

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Get Prepped

a) Bring a large saucepan of **water** to the boil with ½ **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 starting to char, 2-3 mins each side.

c) Transfer to a clean chopping board or plate 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** (use less if you'd prefer things milder - add more later if you'd like) 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.

d) In the meantime, drain the **prawns** and pat dry with kitchen paper.



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** (use less if you'd prefer things milder).



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!