

Prawn & Chorizo Spaghetti

with Fresh Tomato Sauce

Calorie Smart 35 Minutes • Little Spice • 2 of your 5 a day • Under 600 Calories













Baby Plum Tomatoes





Chives



Chorizo



Spaghetti



Tomato Puree



Chilli Flakes



Red Wine Vinegar



King Prawns

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Garlic Press. Cutting Board, Knife, Frying Pan, Colander and Bowl.

Ingredients

	2P	3P	4P	
Garlic**	1	2	2	
Baby Plum Tomatoes	125g	190g	250g	
Onion**	1	1	2	
Chives**	1 bunch	1 bunch	1 bunch	
Chorizo**	60g	90g	120g	
Spaghetti 13)	200g	300g	400g	
Tomato Puree	1 sachet	2 sachets	2 sachets	
Chilli Flakes	1 pinch	1 pinch	2 pinches	
Red Wine Vinegar 14)	1 sachet	1 sachet	2 sachets	
Pasta Water*	150ml	225ml	300ml	
King Prawns 5)**	120g	180g	250g	
*Not Included **Store in the Fridge				

Nutrition

	Per serving	Per 100g
for uncooked ingredient	350g	100g
Energy (kJ/kcal)	2424 /579	693 / 166
Fat (g)	12	3
Sat. Fat (g)	4	1
Carbohydrate (g)	85	24
Sugars (g)	10	3
Protein (g)	33	9
Salt (g)	2.27	0.65

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

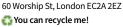
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Get Prepped

Put a large saucepan of **water** with ½ tsp of **salt** on to boil for the **pasta**. Peel and grate the **garlic** (or use a garlic press). Halve the **tomatoes**. Halve, peel and thinly slice the **onion**. Finely chop the **chives**. TIP: You can use also use scissors to chop the chives!



Start the Sauce

Heat a drizzle of **oil** in a frying pan on high heat. Add the **chorizo**, stir-fry until just turning crispy, 2-3 mins. Lower the heat to medium, stir in the **tomatoes**, **onion** and a little knob of **butter** (if you have any) to the pan. Season with **salt** and **pepper** and give it all a good stir. Cover with a lid (or foil) then leave to cook until the **onions** are soft and the **tomatoes** have burst, 10-12 mins, stirring once or twice.



Cook the Spaghetti

Meanwhile, add the **spaghetti** (see ingredients for amount) to the pan of boiling **water** and cook for 8 mins. Once cooked, reserve some of the **pasta water** (see ingredients for amount), then drain the **pasta** in a colander, pop back in the pan, drizzle with a little **olive oil** and stir through to stop it sticking together.



Finish the Sauce

After 10-12 mins, remove the lid from the frying pan and stir in the the **garlic**, **tomato puree**, a small pinch of **chilli flakes** (don't add all of them, you can add more later and they are spicy!) and the **red wine vinegar**. Increase the heat slightly and bring to the boil. Cook for 30 seconds then add the reserved **pasta water** for the **sauce**.



Mix it Up

Add the **prawns** into the **sauce**, mix together and cook for a further 4-5 mins. **IMPORTANT**: The prawns are cooked when pink on the outside and opaque in the middle. Taste and season with more **salt** and **pepper** if necessary. Add some more **chilli flakes** here if you want to.



Finish and Serve

Once the **prawns** are cooked, mix the drained **spaghetti** into the **sauce** and add a splash of the **water** if it looks a little dry. Toss everything together well then remove from the heat. Mix the **chives** into the **pasta** then divide between your bowls.

Buon Appetito!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.