



Prawn & Chorizo Spaghetti with Fresh Tomato Sauce

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

Nº 24



Garlic



Baby Plum
Tomatoes



Onion



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.

Contact

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Packed in the UK

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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!



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**.



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.



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.



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 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.