



Prawn & Chorizo Spaghetti with Fresh Tomato Sauce

Calorie Smart 35 Minutes • Little Spice • 1 of your 5 a day • Under 600 calories

27



Garlic Clove



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

Ingredients

	2P	3P	4P
Garlic Clove	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	180g	270g	360g
Pasta Water*	150ml	225ml	300ml
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
King Prawns 5 **	120g	180g	250g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	323g	100g
Energy (kJ/kcal)	2244/536	695/166
Fat (g)	11	4
Sat. Fat (g)	4	1
Carbohydrate (g)	75	23
Sugars (g)	10	3
Protein (g)	31	10
Salt (g)	2.27	0.70

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 **garlic**, **tomato puree**, a small pinch of **chilli flakes** (don't add all of them, they're spicy and you can add more later) 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 some) 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.



Combine

Add the **prawns** into the **sauce**, mix together and cook for a further 4-5 mins. **IMPORTANT:** Wash your hands after handling raw prawns. 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 like a little more heat.



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 into 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.