



# Spicy Prawn Pasta with Chargrilled Courgettes

**Rapid** 20 Minutes • Medium Spice • 1 of your 5 a day

15



Courgette



Spring Onion



Garlic Clove



Chilli Flakes



Cheddar Cheese



Linguine



Tomato Passata



Sun-Dried Tomato Paste



Vegetable Stock Powder



King Prawns



Chorizo



### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

## Before you start

### Cooking tools, you will need:

Saucepan, Garlic Press, Grater, Frying Pan, Colander, Bowl

### Ingredients

	2P	3P	4P
Courgette**	1	2	2
Spring Onion**	1	1	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Chilli Flakes	1 pinch	1 pinch	1 pinch
Cheddar Cheese 7)**	30g	45g	60g
Linguine 13)**	200g	300g	400g
Tomato Passata	1 carton	1½ cartons	2 cartons
Sun-Dried Tomato Paste	1 sachet	2 sachets	2 sachets
Water for the Sauce*	75ml	100ml	150ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
King Prawns 5)**	150g	250g	300g
Chorizo**	90g	120g	180g

\*Not Included \*\*Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	433g	100g
Energy (kJ/kcal)	2443/584	564/135
Fat (g)	9	2
Sat. Fat (g)	4	1
Carbohydrate (g)	89	21
Sugars (g)	15	3
Protein (g)	34	8
Salt (g)	2.78	0.64
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	478g	100g
Energy (kJ/kcal)	3161/755	661/158
Fat (g)	9	5
Sat. Fat (g)	4	2
Carbohydrate (g)	90	19
Sugars (g)	15	3
Protein (g)	45	10
Salt (g)	4.96	1.04

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

5) Crustaceans 7) Milk 10) Celery 13) Gluten

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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### Prep

- Bring a saucepan of **water** up to the boil with 1/2 tsp **salt** for the **pasta**.
- Trim the **courgette** then slice into rounds about 1cm thick. Trim and thinly slice the **spring onions**.
- Peel and grate the **garlic** (or use a garlic press). Grate the **Cheddar cheese**.



### Make the Sauce

- Meanwhile return the frying pan to medium-high heat with a drizzle of **oil**.
- When hot, add the **garlic** and a pinch of **chilli flakes** (use less if you don't like heat - you can always add more later if you want) and cook, stirring, for 1 min.
- Add the **tomato passata, sun-dried tomato paste, water** (see ingredients for amount) and **vegetable stock powder**.
- Bring to the boil and simmer until thickened, 4-5 mins.

### CUSTOM RECIPE

If you've decided to add **chorizo** to your meal, add to the pan before you add the **garlic, chilli flakes** etc. Fry until the **chorizo** is golden, 2-3 mins, add the **garlic** and **chilli flakes** (add less if you don't like heat) and continue with the step and recipe as instructed.



### Char the Courgette

- Heat a large frying pan on a high heat (no **oil**).
- Once hot, add the **courgette** and cook on each side until starting to char, 2-3 mins per side.
- Remove from the pan to a clean chopping board or plate and allow to cool.



### Final Touches

- Add the **prawns** to the **tomato sauce**, stir together and simmer until cooked, 4-5 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.
- Meanwhile, roughly chop up the **charred courgette** and add to a small bowl with the **spring onion** and another pinch of **chilli flakes** (use less **chilli** if you don't like heat).



### Cook the Pasta

- Once the **water** for the **pasta** is boiling, add the **linguine** and simmer until tender, 12 mins.
- Once cooked, drain in a colander, pop back in the pan, drizzle with **oil** and stir through to stop it sticking together.



### Time to Serve

- Add the **drained pasta** to the pan of **tomato sauce** along with the **cheese**. Mix well to combine, then season to taste with **salt** and **pepper**. **Tip:** Add a splash more water if the liquid has evaporated too much.
- Share between your bowls and spoon over the charred **courgette mixture**.

### Enjoy!