



Spicy Prawn Pasta with Charred Courgettes

Classic 20 Minutes • Medium Spice • 1 of your 5 a day

4



Courgette



Spring Onion



Garlic Clove



Chilli Flakes



Cheddar Cheese



Linguine



Tomato Passata



Sun-Dried Tomato Paste



Vegetable Stock Paste



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, Grater, Plate, Frying Pan, Wooden Spoon, Colander, Measuring Jug, Bowl.

Ingredients

	2P	3P	4P
Courgette**	1	2	2
Spring Onion**	1	1	2
Garlic Clove**	2	3	4
Chilli Flakes	1 pinch	1 pinch	2 pinch
Cheddar Cheese 7)**	30g	45g	60g
Linguine 13)	180g	270g	360g
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 Paste 10)	10g	15g	20g
King Prawns 5)**	150g	250g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	422g	100g
Energy (kJ/kcal)	2249 /537	533 /127
Fat (g)	9	2
Sat. Fat (g)	4	1
Carbohydrate (g)	80	19
Sugars (g)	13	3
Protein (g)	32	8
Salt (g)	3.05	0.72

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.

Contact

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You can recycle me!



1

a) Bring a saucepan of **water** up to the boil with **½ tsp salt** for the **pasta**.

b) Trim the **courgette** then slice into rounds about 1cm thick. Trim and thinly slice the **spring onion**.

c) Peel and grate the **garlic** (or use a garlic press). Grate the **Cheddar cheese**.



2

a) Heat a large frying pan on a high heat (no **oil**).

b) Once hot, add the **courgette** and cook on each side until starting to char, 2-3 mins per side.

c) Remove from the pan to a clean chopping board or plate and allow to cool.



3

a) Once the **water** for the **pasta** is boiling, add the **linguine** and simmer until tender, 12 mins.

b) Once cooked, drain in a colander, pop back in the pan, drizzle with **oil** and stir through to stop it sticking together.



4

Make the Sauce

a) Meanwhile return the frying pan to medium high heat with a drizzle of **oil**.

b) 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.

c) Add the **tomato passata**, **sun-dried tomato paste**, **water** (see ingredients for amount) and **vegetable stock paste**.

d) Bring to the boil and simmer until thickened, 4-5 mins.



5

Final Touches

a) Add the **prawns** to the **tomato sauce**, stir together and simmer until cooked, 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.

b) Meanwhile, roughly chop up the **courgette** and add to a small bowl with the **spring onion** and another pinch of **chilli flakes** (use less if you don't like heat).



6

Time to Serve

a) Add the **drained pasta** to the pan of **tomato sauce** along with the **cheese** and **half** the **courgette mixture**.

b) 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.

c) Share between your bowls. Spoon over the remaining **charred courgette mixture**.

Enjoy!

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.