



More Than Food
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Tiger Prawn Linguine with Chilli and Sun Dried Tomato

If this dish were a place, it would be a sunny little fishing village somewhere on the coast of Sardinia. If it were a time, it would be an al fresco lunchtime on a sun-dappled terrace, with a cold bottle of rosé. For this dish we combined simple, light, fresh flavours to create a nostalgia-inducing recipe that will leave you plenty of time to get online and book your next holiday. Daydreams included as standard.



30 mins



seafood
first



lactose
free



healthy



spicy



Onion (½)



Garlic Clove (2)



Flat Leaf Parsley
(2 tbsp)



Sun-Dried Tomatoes
(2 tbsp)



Green Chilli (1 tsp)



Tiger Prawns (120g)



Organic Chopped
Tomatoes (1 tin)



Linguine (180g)

Ingredients

| | 2 PEOPLE | ALLERGENS |
|-----------------------------|----------|-------------|
| Onion, sliced | ½ | |
| Garlic Clove, chopped | 2 | |
| Flat Leaf Parsley | 2 tbsp | |
| Sun-Dried Tomatoes, chopped | 2 tbsp | Sulphites |
| Green Chilli, chopped | 1 tsp | |
| Tiger Prawns | 120g | Crustaceans |
| Organic Chopped Tomatoes | 1 tin | |
| Linguine | 180g | Gluten |

 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

Trying to lose weight and build muscle? Prawns are high in protein and stonkingly low in fat and calories. Winning!

Nutrition per serving: Calories: 476 kcal | Protein: 27 g | Carbs: 84 g | Fat: 2 g | Saturated Fat: 1 g

1



1 Boil a large pot of water. Peel and finely chop half the onion and the garlic. Finely chop the parsley. Finely chop the sun-dried tomatoes and the chilli. Chop your prawns in half lengthways.

2



2 Heat 1 tbsp of olive oil in a frying pan on medium heat. Once hot, cook the onion, garlic and sun-dried tomatoes. Sprinkle in the chilli together with a pinch of salt and pepper. Cook for 5 mins and be careful not to let the ingredients burn.

5



3 Add in the chopped tomatoes, ¼ tsp of salt and a few grinds of black pepper. Let the mixture bubble away on medium-low heat for around 10 mins until you have a nice thick sauce.

6



4 Cook your pasta in the boiling water with ¼ tsp of salt for around 11 mins. Once the pasta is 'al dente' drain it. **Tip:** 'Al dente' means it is cooked but there is just a hint of firmness left in the middle.

5 Once your pasta sauce has thickened up, stir in the raw prawns and cook them for a few mins until they turn pink.

6 Next, drop your drained pasta into the pan with the tomato sauce. Sprinkle over the parsley, then toss the ingredients together to mix them. If you don't fancy redecorating the kitchen, then you can always give it a good stir instead.

7 Serve and gobble immediately.