



Prawn & Chorizo Spaghetti with Fresh Tomato Sauce

Classic 35 Minutes • Little Heat • 1 of your 5 a day

10



Garlic Clove



Baby Plum Tomatoes



Onion



Chives



Diced Chorizo



Spaghetti



Tomato Purée



Chilli Flakes



Red Wine Vinegar



King Prawns



Diced Chicken Breast



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.


Happy cooking!

Before you start

Cooking tools, you will need:

Saucepan, Fine Grater (or Garlic Press), Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Garlic Clove**	1 clove	2 cloves	2 cloves
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Onion**	1	1	2
Chives**	1 bunch	1 bunch	1 bunch
Diced Chorizo**	60g	90g	120g
Spaghetti 13	200g	300g	400g
Tomato Purée	1 sachet	2 sachets	2 sachets
Chilli Flakes	a pinch	a pinch	a pinch
Red Wine Vinegar 14	1 sachet	1 sachet	2 sachets
Reserved Pasta Water for the Sauce*	150ml	225ml	300ml
King Prawns 5 **	120g	180g	250g
 Diced Chicken Breast**	280g	420g	560g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	351g	100g
Energy (kJ/kcal)	2500/598	712/170
Fat (g)	13	4
Sat. Fat (g)	4	1
Carbohydrate (g)	86	24
Sugars (g)	12	3
Protein (g)	33	9
Salt (g)	2.54	0.72
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	431g	100g
Energy (kJ/kcal)	3006/ 719	697 /167
Fat (g)	16	4
Sat. Fat (g)	5	1
Carbohydrate (g)	86	20
Sugars (g)	12	3
Protein (g)	58	13
Salt (g)	1.90	0.44

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.

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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 scissors to chop the chives!*



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.



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 the Sauce

After 10-12 mins, remove the lid from the frying pan and stir in the the **garlic**, **tomato purée**, 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.



Combine

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!



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.



CUSTOM RECIPE

If you've opted for the **chicken** instead of **prawns**, add the **chicken** to **sauce** and cook for 9-11 mins (the chicken needs longer to cook than the prawns). **IMPORTANT:** *The chicken is cooked when it's no longer pink in the middle. Follow the rest of the recipe as instructed.*

Enjoy!