



Creamy Prawn & Bacon Spaghetti

with Crème Fraîche

RAPID 20 Minutes • Little Heat

N° 17



Green Chilli



Garlic



Spaghetti



Bacon Lardons



King Prawns



Vegetable Stock Powder



Crème Fraîche

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

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

Ingredients

| | 2P | 3P | 4P |
|-------------------------------------|----------|-----------|-----------|
| Green Chilli** | ½ | 1 | 1 |
| Garlic** | 1 clove | 2 cloves | 2 cloves |
| Spaghetti 13 | 200g | 300g | 400g |
| Reserved Pasta Water for the Sauce* | 100ml | 150ml | 200ml |
| Bacon Lardons** | 60g | 90g | 120g |
| King Prawns 5 ** | 150g | 250g | 300g |
| Vegetable Stock Powder 10 | 1 sachet | 2 sachets | 2 sachets |
| Crème Fraîche 7 ** | 150g | 225g | 300g |

*Not Included ** Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 291g | 100g |
| Energy (kJ/kcal) | 2881 /689 | 992 /237 |
| Fat (g) | 30 | 10 |
| Sat. Fat (g) | 13 | 4 |
| Carbohydrate (g) | 81 | 28 |
| Sugars (g) | 6 | 2 |
| Protein (g) | 33 | 11 |
| Salt (g) | 2.59 | 0.89 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Packed in the UK



1. Prep the Veggies

- Fill and boil your kettle.
- Halve the **chilli** lengthways, deseed and finely chop.
- Peel and grate the **garlic** (or use a **garlic** press).
- Pour the boiling **water** into a large saucepan on high heat, add ½ tsp of **salt** and bring back to the boil.



4. Finish the Sauce

- Add the reserved **pasta water** to the **sauce** with the **vegetable stock powder**. Mix well to dissolve the **stock**.
- Turn the heat to low and add the **crème fraîche**. Stir and simmer until the **prawns** are cooked through and the **sauce** is piping hot, another 2-3 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the centre.



2. Cook the Pasta

- Add the **spaghetti** (see ingredients for amount you need), bring to the boil and cook for 8 mins.
- When the **pasta** is cooked, reserve some cooking **water** (see ingredients for amount) then drain the **spaghetti** into a colander.



5. Combine

- Stir the drained **pasta** into your **sauce** and gently mix. If you feel the **sauce** needs loosening up, add a splash of **water**.
- Season to taste with **salt** and **pepper**.



3. Start the Sauce

- Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.
- Add the **bacon lardons** and a pinch of **chilli** and cook, stirring, until the **bacon lardons** are golden, 2-3 mins. **IMPORTANT:** Cook the **bacon lardons** throughout.
- Add the **prawns**, cook for 2 mins.
- Add the **garlic** and mix through. Cook for another minute.



6. Serve

- Serve the **pasta** in bowls and finish with a sprinkle of the remaining **chilli**.

Tuck In!

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.