



More Than Food  
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## Creamy Prawn Rigatoni

This lip smackingly delicious meal looks like a dish you may find in a high-end Italian restaurant: creamy pasta with prawns, sweet peas, zesty pea shoots and chives. This dish is also almost as quick to cook as it is to eat! We think mums and families alike will love it!

 25 mins

 1 of your 5 a day

 eat within 2 days

 family box

 mealkit



Echalion Shallot (2)



Garlic Clove (1)



Chives (1 bunch)



Rigatoni (400g)



Fresh Peas (100g)



Tiger Prawns (250g)



Crème Fraîche (1 pot)



Lemon (1)



Steve's Leaves: Pea Shoots (1 bag)

## 4 PEOPLE INGREDIENTS

- Echalion Shallot, chopped **2**
- Garlic Clove, grated **1**
- Chives, chopped **1 bunch**
- Rigatoni **400g**
- Fresh Peas **100g**
- Tiger Prawns **250g**
- Crème Fraîche **1 pot**
- Lemon **1**
- Steve's Leaves: Pea Shoots **1 bag**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Tiger prawns are named such because of their distinct stripes, which resemble a tiger.

**Allergens:** Milk, Crustaceans, Gluten.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	630 kcal / 2652 kJ	19 g	12 g	80 g	5 g	34 g	1 g
<b>Per 100g</b>	155 kcal / 652 kJ	5 g	3 g	20 g	1 g	8 g	0 g

1



**1** Put a large pot of water on high heat and bring to the boil (this is for the pasta). Cut the **shallot** in half through the root, peel and then chop into very small cubes (½cm or as small as you can!). Peel and grate the **garlic** (or use a garlic press if you have one!). Finely chop the **chives** or snip them with scissors if you have some.

3



**2** Heat a frying pan on medium heat and add a glug of **oil**. Add your **shallot** and cook gently for 5 mins, stirring frequently until soft. When your **shallot** is soft, add your **garlic** and cook for 1 minute more.

**3** Now pop the **rigatoni** into your boiling water to cook for 10 mins. Add the **peas** to the pot after 3 mins (they take 7 mins to cook).

4



**4** Once your **garlic** has cooked for a minute, add the **prawns**. Cook for 5 mins, turning your **prawns** every minute or so to make sure they cook evenly. When your prawns are nice and pink, stir in the **crème fraîche**. Cook for another 2 mins until bubbling and your **prawns** are cooked through. **Tip:** *The prawns are cooked when pink on the outside and opaque all the way through.*

**5** When your **prawns** are cooked, season with a pinch of **salt**, a good grind of **black pepper** and a squeeze of **lemon juice**. Taste and adjust with more **salt** or **lemon juice** if you feel it needs it.

8



**6** Drain your **pasta** and **peas** into a colander and then return to the pot off the heat. **Tip:** *Reserve some of the pasta water if you can.* Add your **prawns** and **sauce**. Stir well and if your sauce is a bit thick, add a splash of your reserved **pasta water** to loosen it up!

**7** Dress the **pea shoots** with a drizzle of **oil** and a squeeze of **lemon juice**.

**8** Serve your **pasta** in bowls making sure your **prawns** are shared out evenly and finish the dish with your **chives** and **pea shoots**.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!