



Prawn & Chorizo Spaghetti

with Sun-Dried Tomato Sauce

N° 11

FAMILY Hands on Time: 10 Minutes • Total Time: 25 Minutes • Little Heat



Garlic Clove



Flat Leaf Parsley



Sun-Dried Tomatoes



Wheat Spaghetti



Chorizo



King Prawns



Tomato Passata



Tomato Puree



Chilli Flakes

Before you start

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

Basic cooking tools, you will need:

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

Ingredients

	2P	3P	4P
Garlic Clove**	2	3	4
Flat Leaf Parsley**	½ bunch	¾ bunch	1 bunch
Sun-Dried Tomatoes	1 small pot	1½ small pots	1 large pot
Water for the Sundried Tomatoes*	100ml	100ml	150ml
Wheat Spaghetti (13)	200g	300g	400g
Chorizo 7)**	60g	90g	120g
King Prawns 5)**	150g	250g	300g
Tomato Passata	1 carton	1½ cartons	2 cartons
Tomato Puree	1 sachet	1½ sachets	2 sachets
Chilli Flakes	a pinch	a pinch	a pinch

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	345g	100g
Energy (kJ/kcal)	2688 /643	780 /187
Fat (g)	14	4
Sat. Fat (g)	5	1
Carbohydrate (g)	88	26
Sugars (g)	14	4
Protein (g)	37	11
Salt (g)	5.59	1.62

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 7) Milk 13) Gluten

Wheat Spaghetti Ingredients: Durum **wheat** semolina, water. For allergens, including cereals containing gluten, see ingredients in **bold**.

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

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps



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

Packed in the UK

You can recycle me!



1. Prep Everything

Fill and boil your kettle. Put a large saucepan of **water** with a generous pinch of **salt** on to boil for the wheat pasta. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all). Pop the **sundried tomatoes** in a small bowl and cover in the boiling **water** (see ingredients for amount).



4. Simmer

Add the **garlic** to the pan. Cook for 2 mins, then pour in the **tomato passata**, **tomato puree** and **sundried tomatoes**. Let the **mixture** simmer on medium heat for 5-6 mins.



2. Cook the Wheat Spaghetti

Add the **wheat spaghetti** to your pan of boiling **water** and cook for 8 mins. When you drain the **wheat pasta**, keep a little of the **water** in case you need it to loosen the **sauce**.



5. Pop in the Prawns

Stir in the **prawns**, cook for a further 4-5 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque all the way through. Season to taste with **salt** and **pepper**.



3. Start the Sauce

Meanwhile, heat a splash of **olive oil** in a frying pan on medium-high heat. Add the **chorizo** and cook until golden and the **chorizo** has released its **fragrant oils**. Drain and roughly chop the **sundried tomatoes**.



6. Combine and Serve!

Drain the **wheat pasta** in a colander and add it to the pan with the **sauce**. **TIP:** If the sauce is too thick at this point, loosen it up with a splash of the wheat pasta water. Toss everything together. Divide between bowls and finish with a sprinkling of **parsley**. For the adults, sprinkle over a pinch of **chilli flakes** to taste. **TIP:** Some like it hot, but if that's not you then go easy on the chilli!

Enjoy!