



Prawn & Chorizo Spaghetti

with Fresh Tomato Sauce and Chilli Flakes

Classic 30-35 Minutes • Mild Spice • 1 of your 5 a day

6



Garlic Clove



Baby Plum Tomatoes



Onion



Chorizo



Spaghetti



Tomato Puree



Chilli Flakes



Red Wine Vinegar



King Prawns

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, frying pan with lid and colander.

Ingredients

	2P	3P	4P
Garlic Clove**	1	2	2
Baby Plum Tomatoes	125g	190g	250g
Onion**	1	1	2
Chorizo**	60g	90g	120g
Spaghetti 13	180g	270g	360g
Pasta Water*	150ml	225ml	300ml
Tomato Puree	1 sachet	2 sachets	2 sachets
Chilli Flakes	1 pinch	1 pinch	2 pinches
Red Wine Vinegar 14	1 sachet	1 sachet	2 sachets
King Prawns** 5	150g	225g	225g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	351g	100g
Energy (kJ/kcal)	2321/555	661/158
Fat (g)	11.8	3.4
Sat. Fat (g)	3.9	1.1
Carbohydrate (g)	76.8	21.9
Sugars (g)	11.9	3.4
Protein (g)	34.1	9.7
Salt (g)	2.39	0.68

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Put a large saucepan of **water** with $\frac{1}{2}$ **tsp 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**.



Simmer the Flavours

Once the **veg** has softened, remove the lid from the frying pan and stir in the **garlic**, **tomato puree**, a small pinch of **chilli flakes** (add less if you don't like heat) and **red wine vinegar**.

Bring to the boil, cook for 30 secs, then stir in the reserved **pasta water** and bring back to the boil.



Start the Sauce

Heat a large frying pan on medium-high heat (no oil). Once hot, add the **chorizo** and fry until it starts to brown, 2-3 mins.

Lower the heat slightly, then stir in the **tomatoes**, **onion** and a knob of **butter** (if you have any). Add a drizzle of **oil** if it's a little dry, then season with **salt** and **pepper**.

Cover with a lid or foil, then cook, stirring occasionally, until the **onions** and **tomatoes** have softened, 10-12 mins.



Add the Prawns

Stir the **prawns** into the **sauce** and cook for another 4-5 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.*

Taste and season with more **salt** and **pepper** if needed. Add some more **chilli flakes** if you'd like some more heat.



Cook the Spaghetti

Meanwhile, when your pan of **water** is boiling, add the **spaghetti** and bring back to the boil. Cook until tender, 8 mins.

Once cooked, reserve some of the **pasta water** (see ingredients for amount), then drain the **pasta** in a colander.

Pop back into the pan, drizzle with **oil** and stir through to stop it sticking together.



Finish and Serve

Once the **prawns** are cooked, add the **cooked spaghetti** to the **sauce** and toss together well. Add a splash of **water** to loosen the **sauce** if needed, then remove from the heat.

Share the **prawn spaghetti** between your bowls and serve.

Enjoy!