



King Prawns and Fresh Tagliatelle

with Creamy Lemony Pesto Sauce, Spinach and Tomatoes

N° 22

Extra Rapid 10 Minutes • 1.5 of your 5 a day



Baby Plum Tomatoes



Lemon



Garlic Clove



Vegetable Stock Powder



Crème Fraîche



Pesto



Fresh Tagliatelle



King Prawns



Baby Spinach

Before you start

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

Cooking tools, you will need:

Fine Grater, Frying Pan, Measuring Jug and Saucepan.

Ingredients

	2P	3P	4P
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Lemon**	½	¾	1
Garlic Clove**	1 clove	2 cloves	2 cloves
Water for the Sauce*	75ml	100ml	150ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Crème Fraîche 7) **	150g	225g	300g
Pesto 7)	1 sachet	1½ sachets	2 sachets
Fresh Tagliatelle 8) 13) **	200g	300g	400g
King Prawns 5) **	180g	280g	360g
Baby Spinach**	1 small bag	1 large bag	2 small bags

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	436g	100g
Energy (kJ/kcal)	2128 /509	489 /117
Fat (g)	30	7
Sat. Fat (g)	13	3
Carbohydrate (g)	42	10
Sugars (g)	6	2
Protein (g)	27	6
Salt (g)	2.32	0.53

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 7) Milk 8) Egg 10) Celery 13) Gluten

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.

Contact

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Packed in the UK

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You can recycle me!



1



2



3



Get Started!

- Fill and boil your kettle.
- Halve the **tomatoes**.
- Zest and halve the **lemon**.
- Peel and grate the **garlic** (or use a garlic press).

Start the Sauce

- Heat a drizzle of **oil** in a large frying pan over medium-high heat.
- Once hot, add the **tomatoes** and **garlic** and cook, stir, until softened, 1-2 mins.
- Add the **water** (see ingredients for amounts) with the **stock powder**, stirring well to dissolve the **stock**.
- Add the **crème fraîche**, **pesto** and season with **salt** and **pepper**, bring to a simmer.
- Pour the boiling **water** to a large saucepan on a high heat with ½ tsp **salt** and bring back to a boil.

Finish Up!

- Add the **tagliatelle** (see ingredients to amounts) to the pan of boiling water and cook for 3 mins.
- Add the **prawns** and **spinach** to the **sauce** and cook, stirring, until the **prawns** are cooked and the **spinach** has wilted, 3-4 mins. **IMPORTANT:** *The prawns are cooked when pink on the outside and opaque in the middle.*
- Drain the **tagliatelle** in a colander then stir through the **sauce** with **half the lemon zest** and a squeeze of **lemon juice**, adding a splash of **water** if to loosen if it needs it.
- Divide between plates. Sprinkle the remaining **lemon zest** on top.

Enjoy!

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.