



Quick Creamy Prawn Rigatoni with Courgette and Parsley

Rapid 20 Minutes • 1 of your 5 a day

14



Rigatoni Pasta



Courgette



Flat Leaf Parsley



Lemon



Garlic Clove



Creme Fraiche



Vegetable
Stock Powder



King Prawns

Before you start

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

Cooking tools, you will need:

Kettle, Saucepan, Colander, Garlic Press, Frying Pan, Wooden Spoon, Measuring Jug, Bowl.

Ingredients

	2P	3P	4P
Rigatoni Pasta 13	200g	300g	400g
Courgette**	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lemon**	½	1	1
Garlic Clove	1 clove	2 clove	2 clove
Creme Fraiche 7 **	150g	225g	300g
Water for the Sauce*	100ml	150ml	200ml
Vegetable Stock Powder 10	1 sachet	2 sachets	2 sachets
King Prawns 5 **	150g	250g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	402g	100g
Energy (kJ/kcal)	2718 /650	676 /162
Fat (g)	24	6
Sat. Fat (g)	11	3
Carbohydrate (g)	87	22
Sugars (g)	12	3
Protein (g)	30	8
Salt (g)	1.78	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 7) Milk 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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Cook the Pasta

a) Boil your kettle and pour the **water** into a large saucepan on high heat. Add ½ tsp of **salt**. When boiling, stir in the **rigatoni** and cook for 12 mins.

b) Drain in a colander, pop back in the pan, drizzle with a little **oil** and stir through to stop it sticking together. Leave to one side.



Prep

a) Meanwhile, trim the **courgette**, halve lengthways and slice into 1cm half moons.

b) Roughly chop the **parsley** (stalks and all). Zest and halve the **lemon**.

c) Peel and grate the **garlic** (or use a **garlic press**).



Fry the Courgette

a) Heat a large frying pan on high heat (no oil) and add the **courgette**.

b) Cook, until starting to brown, 3-4 mins on each side. Add the **garlic** and cook, stirring, for 1 min.



Cook the Sauce

a) Once the **courgettes** are browned, reduce to medium-heat and add the **creme fraiche**, **water** (see ingredients for amount) and **vegetable stock powder** to the pan.

b) Season with **salt** and **pepper**. Stir together, bring to a simmer and cook until the **sauce** has thickened slightly, 3-4 mins.



Finish Up

a) Stir the **prawns** into the **sauce** and continue to simmer until the **prawns** are cooked through, 4-5 mins. **IMPORTANT:** *The prawns are cooked when pink on the outside and opaque in the middle.*

b) Add a splash of **water** if the **sauce** is a bit thick. Meanwhile, mix together the **lemon zest** and **parsley** in a small bowl.



Serve

a) Toss the drained **pasta** into the **sauce**. Add a squeeze of **lemon juice** to taste.

b) Season with **salt** and **pepper** to taste, then serve in bowls topped with the **lemon zest** and **parsley mix**.

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.