



Smoky Prawn Spaghetti

with Charred Sweetcorn & Chilli

CLASSIC 25 Minutes • Little Heat • 1.5 of your 5 a day



Onion



Sweetcorn



Garlic Clove



Red Chilli



Flat Leaf Parsley



Vegetable Stock Powder



Smoked Paprika



Tomato Passata



Linguine



King Prawns

Before you start

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

Basic cooking tools you will need:

Saucepan, Sieve, Fine Grater (or Garlic Press), Frying Pan, Measuring Jug and Colander.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Sweetcorn	1 small tin	¾ large tin	1 large tin
Garlic Clove**	2 cloves	3 cloves	4 cloves
Red Chilli**	½	1	1
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Water for the Sauce*	150ml	225ml	300ml
Vegetable Stock Powder 10	1 sachet	1½ sachets	2 sachets
Smoked Paprika	1 small pot	¾ large pot	1 large pot
Tomato Passata	1 carton	1½ cartons	2 cartons
Linguine 13	200g	300g	400g
King Prawns 5 **	150g	250g	300g
Olive Oil for the Salsa*	2 tbsp	3 tbsp	4 tbsp

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	525g	100g
Energy (kJ/kcal)	2653 /634	505 /121
Fat (g)	12	2
Sat. Fat (g)	2	1
Carbohydrate (g)	100	19
Sugars (g)	18	4
Protein (g)	31	6
Salt (g)	3.50	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans **10** Celery **13** Gluten

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Prep

Bring a saucepan of **water** up to the boil with ½ tsp **salt** for the pasta. Whilst the water is coming up to the boil, halve, peel and thinly slice the **onion**. Drain and rinse the **sweetcorn** in a sieve. Peel and grate the **garlic** (or use a garlic press). Halve the **chilli** lengthways, deseed then slice thinly. Roughly chop the **parsley** (stalks and all).



4. Cook the Pasta

When the **water** for the pasta is boiling, add the **linguine** and boil for 12 mins. Once cooked, strain into a colander, pop back in the pan, drizzle with **oil** and stir through to stop it sticking together.



2. Char the Corn

Heat a large frying pan on a high heat. When hot add the **sweetcorn** and cook, stirring frequently until charred and brown all over, 3-5 minutes. Transfer the **sweetcorn** to a bowl and give your pan a quick wash. Return the pan to a medium heat with a splash of **oil**. When hot, add the **sliced onion** and cook until soft, 4-5 mins.



5. Finishing Touches

When the **sauce** has reduced, add the **prawns** and cook for 3-5 mins. **IMPORTANT:** The prawns are cooked when they are pink on the outside and opaque all the way through. Season to taste with **salt** and **pepper**. Add the **parsley** and the remaining **chilli** into the bowl with the **charred corn**. Season with **salt** and **pepper** and then stir in the **olive oil** (see ingredients for amount). Mix well.



3. Start the Sauce

Once the **onion** is soft, add the **garlic** and **half** the **sliced chilli** and cook for 1 minute. Add the **water** (see ingredients for amount), **veg stock powder**, **smoked paprika** and **tomato passata**. Bring to a simmer and cook until slightly thickened, 8-10 mins.



6. Time to Serve

Combine the **pasta** along with the **sauce** and **half** the **corn salsa**, reheat until piping hot. Share between your bowls. Spoon over the remaining **salsa**.

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.