



Spicy Prawn Pasta

With Chargrilled Courgettes

Calorie Smart 20 Minutes • Under 600 Calories • Medium Spice • 1 of your 5 a day

15



Courgette



Spring Onion



Garlic Clove



Red Chilli



Linguine



Tomato Passata



Sun-dried
Tomato Paste



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:

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

Ingredients

	2P	3P	4P
Courgette**	1	2	2
Spring Onion**	1	1	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Red Chilli**	1	1	1
Linguine 13)	200g	300g	400g
Tomato Passata	1 carton	1½ cartons	2 cartons
Sun-dried Tomato Paste	1 sachet	2 sachets	2 sachets
Water for the Sauce*	50ml	75ml	100ml
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	455g	100g
Energy (kJ/kcal)	2205 /527	485 /116
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	90	20
Sugars (g)	16	3
Protein (g)	31	7
Salt (g)	2.44	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans **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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Prep

a) Bring a saucepan of **water** up to the boil with ½ tsp **salt** for the **pasta**.

b) Trim the **courgette** then slice into rounds about 1cm thick.

c) Trim the **spring onions** then slice thinly.

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

e) Halve the **chilli** lengthways, deseed then slice thinly.



Make the Sauce

a) Meanwhile return the frying pan to medium-high heat with a drizzle of **oil**.

b) When hot, add the **garlic** and **half** of the **chilli** and cook, stirring, for 1 minute.

c) Add the **tomato passata**, **sun dried tomato paste**, **water** (see ingredients for amount) and **vegetable stock powder**.

d) Bring to the boil and simmer until thickened, 4-5 mins.



Char

a) Heat a large frying pan on a high heat (no oil).

b) Once hot, add the **courgette** and cook on each side until starting to char, 2-3 mins per side.

c) Remove from the pan to a chopping board and allow to cool.



Final Touches

a) Add the **prawns** to the **tomato sauce**, stir together and simmer until cooked, 4-5 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.

b) Meanwhile, roughly chop up the **courgette** and add to a small bowl with the **spring onion** and remaining **chilli**.



Cook the Pasta

a) Once the **water** for the pasta is boiling. Add the **linguine** and simmer until tender, 12 mins.

b) Once cooked, drain in a colander, pop back in the pan, drizzle with **oil** and stir through to stop it from sticking together.



Time to Serve

a) Add the drained **pasta** to the pan of **tomato sauce**.

b) Mix well to combined, then season to taste with **salt** and **pepper**.

c) Share between your bowls.

d) Spoon over the **charred courgette**.

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.