



# Creamy Prawn Linguine

with parsley and chilli flake garnish

Family Quick Cook 20-25 mins • Eat me first • Optional spice

3



Prawns



Dried Linguine



Creme Fraiche



Onion



Parsley



Dried Chilli Flakes



Grated Italian Style Hard Cheese



Passata



Italian Herbs



Garlic

Pantry Items: Salt, Pepper, Oil, Water, Sugar



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## Before you start

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

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Colander, grater

## Ingredients

	2P	4P
Prawns	180 g	360 g
Dried Linguine	180 g	360 g
Crème Fraîche	110 g	220 g
Onion	1 unit	2 units
Parsley	5 g	10 g
Dried Chilli Flakes	1 sachet	2 sachets
Grated Italian Style Hard Cheese	25 g	50 g
Passata	1 pack	2 packs
Italian Herbs	½ sachet	1 sachet
Garlic	2 units	4 units

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>411 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2828.4 kJ/ 676 kcal	688.2 kJ/ 164.5 kcal
Fat (g)	20 g	4.9 g
Sat. Fat (g)	11.2 g	2.7 g
Carbohydrate (g)	86.5 g	21 g
Sugars (g)	14.2 g	3.5 g
Protein (g)	33.1 g	8.1 g
Salt (g)	2 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

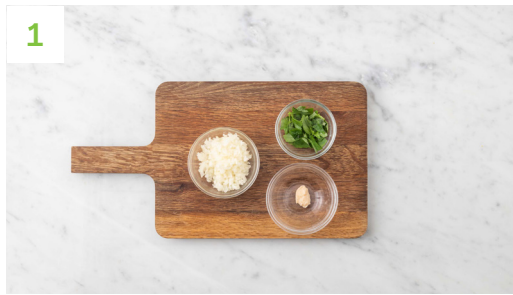
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## Get Prepped

- Boil a large pot of **salted water** for the **linguine**.
- Halve, peel and chop the **onion** into small pieces.
- Roughly chop the **parsley** (stalks and all).
- Peel and grate the **garlic** (or use a garlic press).

**TIP:** *If you're in a hurry you can boil the water in your kettle.*



## Simmer the Sauce

- Return the (now empty) pan to medium-high heat with a drizzle of **oil**.
- Add the **onion** and season with **salt** and **pepper**. Fry until softened, stirring occasionally, 4-5 mins.
- Add the **garlic** and **half** the **dried Italian herbs** (double for 4p). Cook until fragrant, 1 min.
- Pour in the **passata** and 100ml **water** (double for 4p).
- Simmer until slightly reduced, 3-5 mins.

**TIP:** *Add a splash of water if you feel the sauce needs loosening.*



## Make the Pasta

- When the **water** is boiling, add the **linguine** and bring back to the boil.
- Cook until softened, 12 mins.
- Once cooked, drain in a colander and pop back in the pot, off the heat.
- Drizzle with **oil** and stir through to prevent sticking.



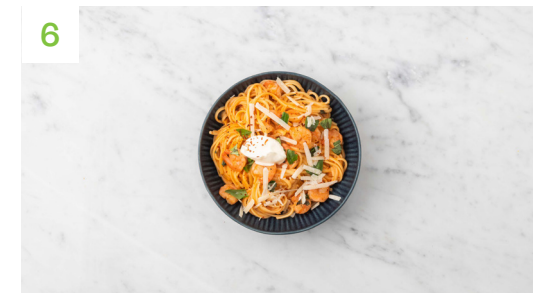
## Coat the Linguine

- Add **half** the **parsley** and **half** the **crème fraîche** to the pan.
- Add the **prawns** and cooked **pasta** and cook, stirring, until warmed through, 1-2 mins.
- Season to taste with **salt**, **pepper** and **sugar**.



## Cook the Prawns

- Meanwhile, place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **prawns**. **IMPORTANT:** Wash hands and equipment after handling raw prawns.
- Season with **salt** and **pepper** then fry until cooked through, 4-5 mins.
- Once cooked, remove the pan from the heat, transfer the **prawns** to a plate and cover to keep warm. **IMPORTANT:** Prawns are cooked when pink on the outside and opaque in the middle.



## Finish and Serve

- Divide your creamy **prawn pasta** between bowls.
- Top with **cheese**, remaining **parsley** and a final dollop of **crème fraîche**.
- Finish off with a sprinkling of **chilli flakes**—as much as you like!

Enjoy!