



Speedy Prawn Pasta with courgette and parsley

Calorie Smart 20 – 25 mins • Eat me first

11



Prawns



Dried Rigatoni



Courgette



Parsley



Lemon



Garlic



Creme Fraiche



Vegetable Stock

Pantry Items: Water, Oil, Salt, Pepper



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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, zester

Ingredients

	2P	4P
Prawns	150 g	300 g
Dried Rigatoni	180 g	360 g
Courgette	1 unit	2 units
Parsley	5 g	10 g
Lemon	½ unit	1 unit
Garlic	1 unit	2 units
Creme Fraiche	110 g	220 g
Vegetable Stock	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	365 g	100 g
Energy (kJ/kcal)	2325 kJ/ 556 kcal	637 kJ/ 152 kcal
Fat (g)	16.9 g	4.6 g
Sat. Fat (g)	8.9 g	2.5 g
Carbohydrate (g)	74.9 g	20.5 g
Sugars (g)	6.1 g	1.7 g
Protein (g)	28.3 g	7.8 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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Cook the Pasta

- Boil a large pot of **salted water** for the **rigatoni**.
- When boiling, add the **rigatoni** 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.

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



Start the Sauce

- Once the **courgette** has browned, reduce the heat.
- Add **creme fraiche**, 50ml **water** (double for 4p) and **stock** to the pan.
- Season with **salt** and **pepper** and stir to combine.
- Bring to a simmer and cook until the sauce has thickened slightly, 3-4 mins.



Prep Your Veg

- Meanwhile, trim the **courgette**, halve lengthways and slice into 1cm thick semicircles.
- Roughly chop the **parsley** (stalks and all).
- Zest **half** the **lemon** (double for 4p). Cut into thick wedges.
- Peel and grate the **garlic** (or use a garlic press).



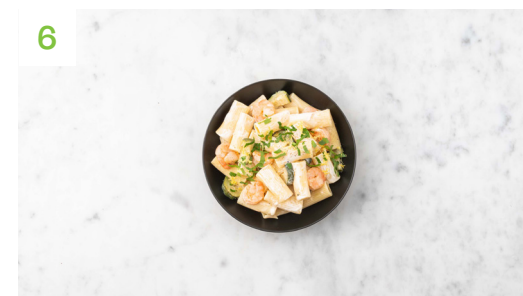
Add the Prawns

- Stir the **prawns** into the sauce.
- Simmer until the **prawns** are cooked through, 4-5 mins. **IMPORTANT:** Wash hands and equipment after handling raw prawns. Prawns are cooked when pink on the outside and opaque in the middle.
- Add another splash of **water** if the sauce needs loosening.
- Meanwhile, mix together the **lemon** zest and **parsley** in a small bowl.



Fry the Courgette

- Place a large pan over high heat (without oil).
- Once hot, cook the **courgette** until starting to brown, shifting as it colours, 6-8 mins.
- Add the **garlic** and cook, stirring, until fragrant, 1 min.



Garnish and Serve

- Toss the drained **rigatoni** through the sauce.
- Season to taste with a squeeze of **lemon** juice, **salt** and **pepper**.
- Divide the **prawn pasta** between bowls.
- Garnish with the **lemon** and **parsley** topping.
- Serve any remaining **lemon** wedges on the side for squeezing over.

Enjoy!