



# Creamy Prawn Linguine

with fresh basil and chilli flakes

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

5



Prawns



Dried Linguine



Creme Fraiche



Onion



Basil



Dried Chilli Flakes



Grated Italian Style Hard Cheese



Passata



Italian Herbs



Garlic

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

## Before you start

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

## Cooking tools you will need

Grater, Colander

## Ingredients

	2P	4P
Prawns	180 g	360 g
Dried Linguine	180 g	360 g
Crema Fraiche	125 g	250 g
Onion	1 unit	2 units
Basil	10 g	20 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>426 g</b>	<b>100 g</b>
Energy (kJ/kcal)	3109.9 kJ/ 743.3 kcal	730 kJ/ 174.5 kcal
Fat (g)	31.2 g	7.3 g
Sat. Fat (g)	18.6 g	4.4 g
Carbohydrate (g)	79.9 g	18.8 g
Sugars (g)	11.7 g	2.8 g
Protein (g)	34 g	8 g
Salt (g)	1.7 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe.

## 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.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to  
rate this recipe.



You can recycle me!



## Get Prepped

- Boil a large pot of **salted water** for the **linguine**.
- Halve, peel and chop the **onion** into small pieces.
- Roughly tear the **basil** leaves.
- 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.*



## Make the Pasta

- When the pot of **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.
- Drizzle with **oil** and stir through to stop it sticking together.



## Cook the Prawns

- Meanwhile, place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **prawns**.
- Season with **salt** and **pepper** and cook for 4-5 mins.
- Once cooked, remove the pan from the heat and transfer the **prawns** to a plate or bowl.
- IMPORTANT:** Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.



## Simmer the Sauce

- Return the (now empty) pan to a medium-high heat with a drizzle of **oil**.
- Add the **onion** and a pinch of **salt** and **pepper** to the pan. Fry until softened, stirring occasionally, 4-5 mins.
- Add the **garlic** and half the dried **Italian herbs** (double for 4p) and fry for another minute.
- Pour in the **passata** and 100ml **water** (double for 4p) and simmer for 3-5 mins.



## Finishing Touches

- Add half the torn **basil** and half the **crema fraiche** to the pan.
- Stir in the **prawns** and cooked **pasta** and allow to warm through.
- Season to taste with **salt**, **pepper** and **sugar**.



## Serve It Up

- Divide between bowls and top with **cheese**, remaining torn **basil** and a dollop of **crema fraiche**.
- Finish off with a sprinkling of **chilli flakes** to taste.

**Enjoy!**