



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!

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

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
for uncooked ingredients	426 g	100 g
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.

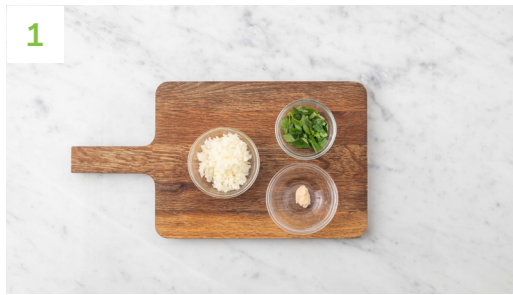
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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.*



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.



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.



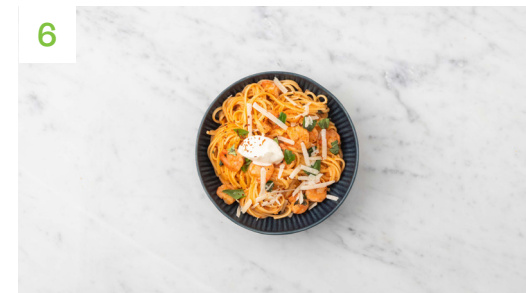
Finishing Touches

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



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.



Serve It Up

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

Enjoy!