



Cheesy Alfredo Style Prawn Linguine

with spinach, chives and balsamic glaze

Family Quick Cook 20-25 mins • Eat me first

19



Prawns



Dried Linguine



Onion



Garlic



Creme Fraiche



Vegetable Stock



Italian Herbs



Chives



Baby Spinach



Grated Italian Style Hard Cheese



Balsamic Glaze

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



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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
Onion	1 unit	2 units
Garlic	2 units	4 units
Crema Fraiche	110 g	220 g
Vegetable Stock	1 sachet	2 sachets
Italian Herbs	1 sachet	2 sachets
Chives	5 g	10 g
Baby Spinach	60 g	120 g
Grated Italian Style Hard Cheese	50 g	100 g
Balsamic Glaze	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	362.5 g	100 g
Energy (kJ/kcal)	2853.5 kJ/ 682 kcal	787.2 kJ/ 188.1 kcal
Fat (g)	24 g	6.6 g
Sat. Fat (g)	13.8 g	3.8 g
Carbohydrate (g)	79.2 g	21.8 g
Sugars (g)	9.4 g	2.6 g
Protein (g)	37.8 g	10.4 g
Salt (g)	2.8 g	0.8 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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Make the Linguine

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



Simmer the Sauce

- Stir in the **creme fraiche**, **stock powder**, **Italian herbs** and 75ml **water** (double for 4p).
- Bring to the boil, then reduce the heat and simmer until thickened, 3-4 mins.
- Add the **spinach** to the sauce a handful at a time until wilted and piping hot, 1-2 mins.
- Add the **cheese** and 1 tbsp **butter** (double for 4p) and stir until both have melted, 1-2 mins.



Prep the Veg

- Meanwhile, halve, peel and thinly slice the **onion**.
- Peel and grate the **garlic** (or use a garlic press).
- Finely chop the **chives** (use scissors if you prefer).



Coat the Pasta

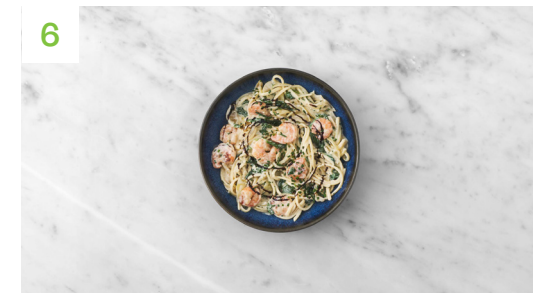
- Stir the cooked **linguine** into the sauce along with **half the chives**.
- Season with **salt** and **pepper**.

Tip: Loosen the sauce with a splash of water if required.



Cook the Prawns

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **prawns** and **onion**. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw prawns. Prawns are cooked when pink on the outside and opaque in the middle.
- Cook until the **prawns** are pink and the **onion** has softened, 4-5 mins.
- Add the **garlic** to the pan and fry until fragrant, 1 min.



Finish and Serve

- Share the cheesy Alfredo style **prawn linguine** between bowls.
- Sprinkle with the remaining **chives**.
- Finish with a drizzle of **balsamic glaze**.

Enjoy!