



Creole-inspired Prawn Rigatoni

with cheese and a hint of lemon

Family 20-25 mins • Eat me first

5



Prawns



Dried Rigatoni



Breadcrumbs



Garlic



Cajun Spice Mix



Creme Fraiche



Vegetable Stock



Tomato Paste



Lemon



Peas



Grated Italian Style Hard Cheese

Pantry Items: Oil, Salt, Pepper, Butter, 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 Rigatoni	180 g	360 g
Breadcrumbs	1 pack	1 pack
Garlic	2 units	4 units
Cajun Spice Mix	2 sachets	4 sachets
Crema Fraiche	110 g	220 g
Vegetable Stock	1 sachet	2 sachets
Tomato Paste	1 tin	2 tins
Lemon	1 unit	2 units
Peas	120 g	240 g
Grated Italian Style Hard Cheese	25 g	50 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	414 g	100 g
Energy (kJ/kcal)	3016.7 kJ/ 721 kcal	728.7 kJ/ 174.2 kcal
Fat (g)	21 g	5.1 g
Sat. Fat (g)	11.4 g	2.8 g
Carbohydrate (g)	95.4 g	23 g
Sugars (g)	13.2 g	3.2 g
Protein (g)	39.4 g	9.5 g
Salt (g)	2.4 g	0.6 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** 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.



Add the Flavour

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Add the **garlic** and **Cajun spice mix** to the pan.
- Cook, stirring, until fragrant, 1 min.
- Stir in the **creme fraiche**, **stock powder**, **tomato paste**, ½ tsp **sugar** and 75ml **water** (double both for 4p).
- Bring to the boil, then reduce the heat and simmer until thickened, 3-4 mins.



Make the Crumb

- Meanwhile, place a pan over medium-high heat with a drizzle of **oil**.
- Once the **oil** is hot, add the **breadcrumbs**. Season with **salt** and **pepper**.
- Fry, stirring regularly, until lightly toasted, 3-4 mins.
- Once cooked, transfer to a bowl and set aside.

TIP: Watch them like a hawk as they can burn easily.



Finishing Touches

- While the sauce simmers, quarter the **lemon**.
- Once the sauce has thickened, stir in the **peas**, **cheese** and 1 tbsp **butter** (double for 4p).
- Cook until the **butter** has melted and the **peas** are piping hot, 1 min.
- Season to taste with **salt** and **pepper**. Add a good squeeze of **lemon** juice.
- Remove from the heat and carefully stir the cooked **pasta** into the sauce.

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



Fry the Prawns

- Return the (now empty) pan to medium-high heat with a drizzle of **oil**.
- Once hot, add the **prawns**. Season with **salt** and **pepper**.
- Fry until 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.



Serve and Enjoy

- Share the creamy **prawn** and **pea rigatoni** between bowls.
- Sprinkle the crispy crumb over the top.
- Serve with any remaining **lemon** wedges alongside for squeezing over.

Enjoy!