



Prawn and Pesto Rigatoni

with cheese and green peas

10 – 15 mins • Eat me first

18



Prawns



Dried Rigatoni



Green Pesto



Peas



Grated Italian Style Hard Cheese



Paprika



Worcester Sauce



Garlic



Creme Fraiche

Pantry Items: Salt, Oil, Pepper, Water



Rate your recipe!

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	150 g	300 g
Dried Rigatoni	180 g	360 g
Green Pesto	30 g	60 g
Peas	120 g	240 g
Grated Italian Style Hard Cheese	1 unit	2 units
Paprika	2 sachets	4 sachets
Worcester Sauce	1 sachet	2 sachets
Garlic	2 units	4 units
Crema Fraiche	110 g	220 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	326 g	100 g
Energy (kJ/kcal)	2973 kJ/ 711 kcal	912 kJ/ 218 kcal
Fat (g)	29.7 g	9.1 g
Sat. Fat (g)	12 g	3.7 g
Carbohydrate (g)	77.4 g	23.7 g
Sugars (g)	8.4 g	2.6 g
Protein (g)	33.2 g	10.2 g
Salt (g)	2.8 g	0.9 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.

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Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



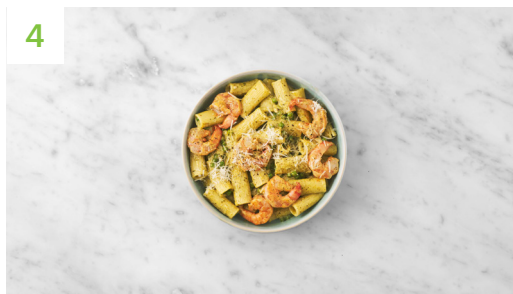
You can recycle me!



Boil 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, 10-12 mins.
- Once cooked, reserve 2 tbsp of **pasta water** (double for 4p) then drain the **pasta** 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.*



Dish Up

- Divide the **prawn pasta** between plates.
- To finish, scatter the **cheese** over the top.

Enjoy!



Fry the Prawns

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- 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. **IMPORTANT:** Wash hands and equipment after handling raw prawns. Prawns are cooked when pink on the outside and opaque in the middle.
- Add the **garlic** and **paprika** and fry for 1 min more.
- Stir through the **peas** and **Worcester sauce** and allow to warm through.



Add the Pasta

- Add the **creme fraiche**, **pesto** and **pasta water**.
- Simmer for 1-2 mins.
- Add the **pasta** and mix until everything is coated in sauce and warmed through.
- Season to taste with **salt** and **pepper**.