



Creamy Prawn Linguine

with parsley and chilli flake garnish

20 – 25 mins • Eat me first • **Optional spice**

3



Prawns



Dried Linguine



Creme Fraiche



Onion



Parsley



Dried Chilli Flakes



Grated Italian Style Hard Cheese



Passata



Italian Herbs



Garlic

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



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 Linguine	180 g	360 g
Crema Fraiche	110 g	220 g
Onion	1 unit	2 units
Parsley	5 g	10 g
Dried Chilli Flakes	1 sachet	2 sachets
Grated Italian Style Hard Cheese	1 unit	2 units
Passata	1 pack	2 packs
Italian Herbs	½ sachet	1 sachet
Garlic	2 units	4 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	394 g	100 g
Energy (kJ/kcal)	2748.9 kJ/ 657 kcal	697.7 kJ/ 166.8 kcal
Fat (g)	19.4 g	4.9 g
Sat. Fat (g)	11 g	2.8 g
Carbohydrate (g)	86.6 g	22 g
Sugars (g)	14.4 g	3.7 g
Protein (g)	29.5 g	7.5 g
Salt (g)	2 g	0.5 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.

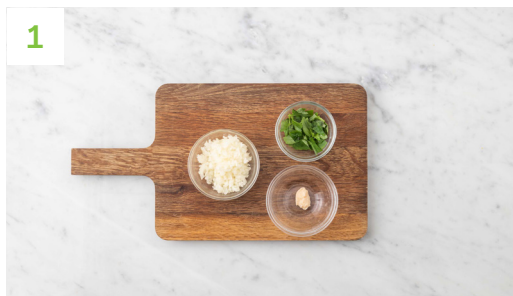
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Get Prepped

- Boil a large pot of **salted water** for the **linguine**.
- Halve, peel and chop the **onion** into small pieces.
- Roughly chop the **parsley** (stalks and all).
- 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 **water** is boiling, add the **linguine** and bring back to the boil.
- Cook until softened, 10-12 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.



Cook the Prawns

- Meanwhile, place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **prawns**. **IMPORTANT:** Wash hands and equipment after handling raw prawns.
- Season with **salt** and **pepper** then fry until cooked through, 4-5 mins.
- Once cooked, remove the pan from the heat, transfer the **prawns** to a plate and cover to keep warm. **IMPORTANT:** Prawns are cooked when pink on the outside and opaque in the middle.



Simmer the Sauce

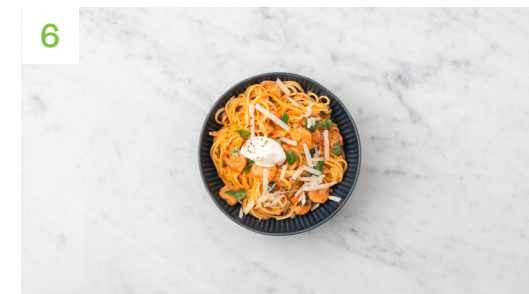
- Return the (now empty) pan to medium-high heat with a drizzle of **oil**.
- Add the **onion** and season with **salt** and **pepper**. Fry until softened, stirring occasionally, 4-5 mins.
- Add the **garlic** and **half** a sachet of **dried Italian herbs** (per 2P). Cook until fragrant, 1 min.
- Pour in the **passata** and 100ml **water** (per 2P).
- Simmer until slightly reduced, 3-5 mins.

TIP: *Add a splash of water if you feel the sauce needs loosening.*



Coat the Linguine

- Add **half** the **parsley** and **half** the **creme fraiche** to the pan.
- Stir through the **prawns** and drained **pasta** and cook until coated and warmed through, 1-2 mins.
- Season to taste with **salt**, **pepper** and **sugar**.



Finish and Serve

- Divide your creamy **prawn linguine** between bowls.
- Top with **cheese**, remaining **parsley** and a final dollop of **creme fraiche**.
- Finish off with a sprinkling of **chilli flakes**—as much or as little as you like!

Enjoy!