



Cheesy Alfredo Style Prawn Linguine

with spinach, chives and balsamic glaze

20 – 25 mins • Eat me first

6



Prawns



Dried Linguine



Onion



Garlic



Creme Fraiche



Stock



Italian Herbs



Chives



Baby Spinach



Grated Italian Style Hard Cheese



Balsamic Glaze

Pantry Items: Butter, Oil, Salt, 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 Linguine | 180 g | 360 g |
| Onion | 1 unit | 2 units |
| Garlic | 2 units | 4 units |
| Crema Fraiche | 110 g | 220 g |
| 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 | 2 units | 4 units |
| Balsamic Glaze | 1 sachet | 2 sachets |

Nutrition

| | Per serving | Per 100g |
|--------------------------|----------------------|---------------------|
| for uncooked ingredients | 352.5 g | 100 g |
| Energy (kJ/kcal) | 2956 kJ/ 707 kcal | 839 kJ/ 200 kcal |
| Fat (g) | 28.3 g | 8 g |
| Sat. Fat (g) | 16.8 g | 4.8 g |
| Carbohydrate (g) | 79.6 g | 22.6 g |
| Sugars (g) | 9.6 g | 2.7 g |
| Protein (g) | 32.8 g | 9.3 g |
| Salt (g) | 2.9 g | 0.8 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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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, 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.

TIP: If you're in a hurry you can boil the water in your kettle.



Simmer the Sauce

- Stir in the **creme fraiche**, **stock**, **Italian herbs** and 75ml **water** (per 2P).
- 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** (per 2P) 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

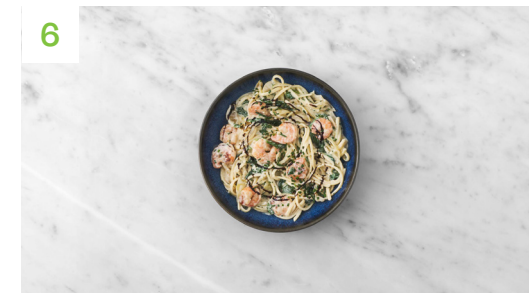
- Stir the cooked **linguine** into the sauce along with **half the chives**.
- Season with **salt** and **pepper**.

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!