



# Speedy Prawn Rigatoni with courgette and parsley

20 – 25 mins • Eat me first

3



Prawns



Dried Rigatoni



Courgette



Parsley



Lemon



Garlic



Creme Fraiche



Stock



Prawns

Pantry Items: Water, Oil, Salt, Pepper



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.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

## Cooking tools you will need

Colander, grater, zester

## Ingredients

	2P	4P
Prawns	150 g	300 g
Dried Rigatoni	180 g	360 g
Courgette	1 unit	2 units
Parsley	5 g	10 g
Lemon	½ unit	1 unit
Garlic	1 unit	2 units
Crema Fraiche	110 g	220 g
Stock	1 sachet	2 sachets
Prawns	300 g	600 g

## Nutrition

for uncooked ingredient	Per 100g	Per 100g
Energy (kJ/kcal)	629.3 kJ / 150.4 kcal	586 KJ / 135 kcal
Fat (g)	4.5 g	3.9 g
Sat. Fat (g)	2.4 g	2.1 g
Carbohydrate (g)	20.5 g	17 g
Sugars (g)	1.7 g	1.4 g
Protein (g)	7.4 g	8.5 g
Salt (g)	0.6 g	0.7 g

See site or app for detailed nutritional info.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

## Contact

Share your creations with #HelloFreshIreland

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



You can recycle me!



## Cook the Pasta

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



## Start the Sauce

- Once the **courgette** has browned, reduce the heat.
- Add **crema fraiche**, 50ml **water** (per 2P) and **stock** to the pan.
- Season with **salt** and **pepper** and stir to combine.
- Bring to a simmer and cook until the sauce has thickened slightly, 3-4 mins.



## Prep Your Veg

- Meanwhile, trim the **courgette**, halve lengthways and slice into 1cm thick semicircles.
- Roughly chop the **parsley** (stalks and all).
- Zest **half a lemon** (per 2P). Cut into thick wedges.
- Peel and grate the **garlic** (or use a garlic press).



## Add the Prawns

- Stir the **prawns** into the sauce.
- Simmer until the **prawns** are 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.
- Add another splash of **water** if the sauce needs loosening.
- Meanwhile, mix together the **lemon** zest and **parsley** in a small bowl.



## Fry the Courgette

- Place a large pan over high heat (without oil).
- Once hot, cook the **courgette** until starting to brown, shifting as it colours, 6-8 mins.
- Add the **garlic** and cook, stirring, until fragrant, 1 min.



## Garnish and Serve

- Toss the drained **rigatoni** through the sauce.
- Season to taste with a squeeze of **lemon** juice, **salt** and **pepper**.
- Divide the **prawn pasta** between bowls.
- Garnish with the **lemon** and **parsley** topping.
- Serve any remaining **lemon** wedges on the side for squeezing over.

**Enjoy!**