



Cheesy Alfredo Style Prawn Linguine

with spinach and balsamic glaze

20 – 25 mins • Eat me first

1



Prawns



Dried Linguine



Onion



Garlic



Creme Fraiche



Stock



Italian Herbs



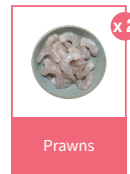
Baby Spinach



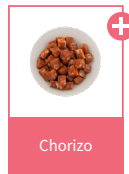
Grated Italian Style Hard Cheese



Balsamic Glaze



Prawns



Chorizo



Diced Chicken

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



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2025-W04

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

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
Baby Spinach	60 g	120 g
Grated Italian Style Hard Cheese	2 units	4 units
Balsamic Glaze	1 sachet	2 sachets
Prawns	300 g	600 g
Chorizo	90 g	180 g
Diced Chicken	260 g	520g

Nutrition

		Recipe 1	Recipe 2	Recipe 3
for uncooked ingredient	Per 100g	Per 100g	Per 100g	Per 100g
Energy (kJ/kcal)	844 kJ/ 201.7 kcal	740 kJ/ 177 kcal	911 kJ/ 218 kcal	827 kJ/ 198 kcal
Fat (g)	8.1 g	6.8 g	10.2 g	7.2 g
Sat. Fat (g)	4.8 g	4 g	5.3 g	4.2 g
Carbohydrate (g)	22.7 g	18.7 g	20.6 g	19.6 g
Sugars (g)	2.7 g	2.3 g	1.6 g	2.4g
Protein (g)	9.3 g	10.2 g	10.9 g	13.2 g
Salt (g)	0.8 g	0.9 g	1 g	0.5 g

See site or app for detailed nutritional info.

Allergens

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

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You can recycle me!



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 **crema 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).



Coat the Pasta

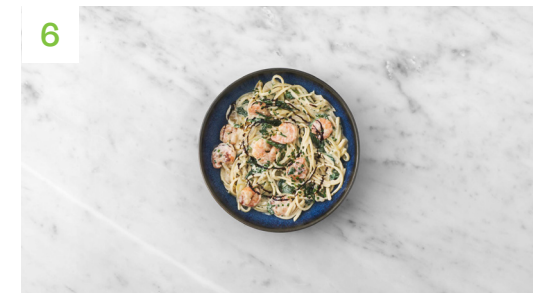
- Stir the cooked **linguine** into the sauce.
- Season with **salt** and **pepper**.

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.
- Finish with a drizzle of **balsamic glaze**.

Enjoy!

CUSTOM OPTIONS



CHORIZO

Adding chorizo? Add to the pan with the prawns and fry until starting to brown, 4-5 mins.



DICED CHICKEN

Swapping to diced chicken? Add to the hot pan with the onion, season as instructed and fry until browned, 6-8 mins.