



HelloFresh.com.au

hello@hellofresh.com.au | (02) 8188 8722

WK11
2016



Prawn Spaghetti with Chilli, Garlic & Parsley Sauce

This flavoursome dish is definitely the go-to for a busy weeknight. Simple, fresh, and prepared in a flash, this pasta will put a spring in your step. Silky spaghetti soaks up all the amazing flavour from garlic, chilli and fresh prawns in this recipe, so look out for the flavour hit!

 **Prep:** 15 mins
Cook: 20 mins
Total: 35 mins

 level 1

 spicy

 seafood first

Pantry Items



Olive Oil



White Wine



Prawns



Red Onion



Garlic



Long Red Chilli



Parsley



Diced Tomatoes



Spaghetti

JOIN OUR PHOTO CONTEST



#HelloFreshAU

2P	4P	Ingredients
2 tsp	1 tbs	olive oil *
180 g	360 g	prawns, rinsed
½	1	red onion, finely chopped
1 clove	2 cloves	garlic, peeled & finely chopped
½	1	long red chilli, finely chopped
½ bunch	1 bunch	parsley, stalks & leaves finely chopped separately
1 tin	2 tins	diced tomatoes
2 tbs	4 tbs	white wine (optional) *
200 g	400 g	spaghetti

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2270	Kj
Protein	34.8	g
Fat, total	5.9	g
-saturated	0.9	g
Carbohydrate	81.6	g
-sugars	8.4	g
Sodium	343	mg

2



You will need: *chef's knife, chopping board, kettle, medium frying pan, large saucepan and a colander.*

1 Fill a kettle with water and bring to the boil.

2 Heat half of the **olive oil** in a medium frying pan over a medium heat. Add the **prawns** and cook, turning, for **1-2 minutes** or until they just change colour. Remove from the pan and set aside.

3a



3 Heat the remaining olive oil in the same frying pan over a medium-high heat. Add the **red onion** and cook, stirring, for **3 minutes** or until soft. Add the **garlic**, **long red chilli** and **parsley stalks** and cook for **1 minute** or until fragrant. Add the **diced tomatoes** and the **white wine** (if using) and bring to the boil. Reduce the heat to medium-low and simmer the sauce for **10 minutes** or until it begins to reduce slightly. Add the prawns back to the pan, cook for **2 minutes** in the sauce and then remove from the heat. Stir through most of the **parsley leaves** (reserving a little for garnish).

3b



4 Meanwhile, pour the boiling water into a large saucepan with a pinch of **salt**. Add the **spaghetti** and cook for **6 minutes** or until the pasta is cooked 'al dente'. Drain. Add the spaghetti to the frying pan with the prawn sauce and toss to coat well.

5



5 To serve, divide the prawn pasta between bowls. Garnish with the remaining parsley.

Did you know? There are approximately 350 different types of pasta!