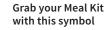


# Creamy Prawn Cutlet Fettuccine Alfredo with Spinach, Rocket & Fennel Salad

FAST & FANCY













Egg Fettuccine

Tail-On Prawns



Tomato & Herb



Light Cooking Cream

& Fennel Mix

Seasoning





Spinach, Rocket Parmesan Cheese





Chilli Flakes (Optional)

Prep in: 20-30 mins Ready in: 20-30 mins



#### **Pantry items**

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

 $Large\ saucepan \cdot Large\ frying\ pan$ 

#### Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
tomato	1	2	
garlic	2 cloves	4 cloves	
egg fettuccine	1 packet	2 packets	
butter*	20g	40g	
tail-on prawns	1 packet	2 packets	
tomato & herb seasoning	1 sachet	2 sachets	
light cooking cream	1 medium packet	1 large packet	
Parmesan cheese	1 medium packet	1 large packet	
spinach, rocket & fennel mix	1 medium bag	1 large bag	
vinegar* (white wine or balsamic)	drizzle	drizzle	
chilli flakes 🥖 (optional)	1 pinch	1 pinch	
<b>4</b>			

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3371kJ (806Cal)	770kJ (184Cal)
Protein (g)	37.6g	8.6g
Fat, total (g)	31.1g	7.1g
- saturated (g)	17.6g	4g
Carbohydrate (g)	90.3g	20.6g
- sugars (g)	8g	1.8g
Sodium (mg)	1685mg	385mg

The quantities provided above are averages only.

## **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



#### Cook the fettuccine

- Boil the kettle.
- Roughly chop **tomato**.
- · Finely chop garlic.
- Half-fill a large saucepan with the boiling water over high heat with a generous pinch of salt.
- Cook egg fettuccine in the boiling water, until al dente, 3 minutes.
- Reserve pasta water (½ cup for 2 people / 1 cup for 4 people).
- Drain fettuccine.



## Cook the prawns

- Meanwhile, in a large frying pan, heat the butter and a drizzle of olive oil over medium-high heat.
- Cook tail-on prawns and tomato, tossing, until prawns are pink and starting to curl up, 2-3 minutes.
- Add garlic and tomato & herb seasoning and cook until fragrant,
  1 minute.



## Bring it all together

- To frying pan, stir in light cooking cream and reserved pasta water and cook until slightly reduced, 2-3 minutes.
- Add Parmesan cheese and cooked fettuccine, tossing until combined.
  Season to taste.



## Toss the salad & serve up

- In a medium bowl, combine spinach, rocket & fennel mix, a drizzle of olive oil and the vinegar. Season.
- Divide creamy prawn cutlet fettuccine alfredo between plates. Top with a pinch of chilli flakes (if using).
- Serve with spinach, rocket & fennel salad. Enjoy!



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