



# Quick Prawn & Cherry Tomato Pasta

with Fetta & Flaked Almonds

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Penne



Snacking Tomatoes



Garlic



Garlic & Herb Seasoning



Nan's Special Seasoning



Diced Tomatoes With Onion & Garlic



Peeled Prawns



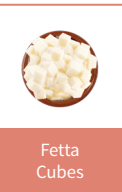
Baby Spinach Leaves



Fetta Cubes



Flaked Almonds

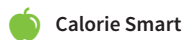


Fetta Cubes

### Recipe Update

We've replaced the fusilli in this recipe with penne due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins  
Ready in: 25-35 mins



Calorie Smart

Eat Me First

This dish might sound and look a little fancy, but it comes together in four fast steps. While the pasta cooks, the rich garlic and juicy cherry tomatoes work their magic in the pan with the plump prawns, plus a couple of our staple seasonings. Don't forget to add the butter at the end - it balances out the acidity in the tomatoes beautifully.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter

## 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
penne	1 packet	2 packets
snacking tomatoes	1 punnet	2 punnets
garlic	3 cloves	6 cloves
garlic & herb seasoning	1 medium sachet	1 large sachet
Nan's special seasoning	1 medium sachet	1 large sachet
diced tomatoes with onion & garlic	1 packet	2 packets
<b>water*</b>	¼ cup	½ cup
peeled prawns	1 packet	2 packets
<b>butter*</b>	20g	40g
baby spinach leaves	1 small bag	1 medium bag
fetta cubes	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
fetta cubes**	1 medium packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2547kJ (609Cal)	589kJ (141Cal)
Protein (g)	30.2g	7g
Fat, total (g)	17.1g	4g
- saturated (g)	8.5g	2g
Carbohydrate (g)	80.2g	18.5g
- sugars (g)	10.4g	2.4g
Sodium (mg)	1757mg	406mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2687kJ (642Cal)	604kJ (144Cal)
Protein (g)	32.5g	7.3g
Fat, total (g)	19.9g	4.5g
- saturated (g)	10.4g	2.3g
Carbohydrate (g)	80.2g	18g
- sugars (g)	10.4g	2.3g
Sodium (mg)	1969mg	442mg

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

## We're here to help!

Scan here if you have any questions or concerns



## Cook the pasta

- Half-fill a large saucepan with water. Add a generous pinch of **salt**, then bring to the boil over high heat.
- Cook **penne** in the boiling water until 'al dente', **12 minutes**.
- Drain **penne**, then return to saucepan.

**TIP:** 'Al dente' pasta is cooked through but still slightly firm in the centre.



## Cook the prawns

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **garlic** and **snacking tomatoes** until fragrant, **1-2 minutes**.
- Add **garlic & herb seasoning**, **Nan's special seasoning**, **diced tomatoes with onion & garlic**, the **water** and **peeled prawns**. Cook, stirring, until sauce is thickened and prawns are pink and starting to curl up, **3-4 minutes**.
- Add the **butter**, **baby spinach leaves** and **cooked penne**. Stir until spinach is wilted. Season to taste, then remove from heat.



## Get prepped

- While pasta is cooking, halve **snacking tomatoes**.
- Finely chop **garlic**.



## Serve up

- Divide prawn and cherry tomato pasta between bowls.
- Top with crumbled **fetta cubes**.
- Sprinkle with **flaked almonds** to serve. Enjoy!

**Custom Recipe:** If you've doubled your fetta cubes, crumble extra fetta over pasta as above.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)