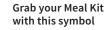


Gourmet Prawn Fettuccine Alfredo

with Spinach, Rocket & Fennel Salad

FAST & FANCY











Egg Fettuccine





Parmesan Cheese



Spinach, Rocket & Fennel Mix



Chilli Flakes (Optional)



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

Eat Me First

This fun, fresh and fast meal is nothing short of fancy. You've got a creamy prawn fettuccine alfredo and a side of an easy but stellar spinach, rocket and fennel mix. Buon appetito!

Pantry items

Olive Oil, Butter, Vinegar (White Wine or Balsamic)

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

9			
	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 packet	1 large packet	
vinegar* (white wine or balsamic)	drizzle	drizzle	
chilli flakes 🥖 (optional)	pinch	pinch	
at.			

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3374kJ (806Cal)	771kJ (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 gourmet prawn fettuccine alfredo between plates. Top with a pinch of chilli flakes (if using).
- Serve with spinach, rocket & fennel salad. Enjoy!

