



# Lemon Pepper Prawns & Chorizo Fettuccine

with Semi-Dried Tomato Salad & Green Beans

MOTHERS DAY SPECIAL

Grab your Meal Kit with this symbol



Fettuccine



Green Beans



Mild Chorizo



Peeled Prawns



Lemon Pepper Seasoning



Garlic Paste



Cream Cheese



Parmesan Cheese



Spinach, Rocket & Fennel Mix



Semi-Dried Tomatoes



Flaked Almonds

Prep in: 30-40 mins  
Ready in: 35-45 mins

Eat Me First

Our lemon-pepper seasoning is the star when coating prawns. Combined with chorizo fettuccine and a semi-dried tomato-packed salad, you can dig into a tasty and bright mealtime spread.

### Pantry items

Olive Oil, Balsamic Vinegar

## 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
fettuccine	1 medium packet	2 medium packets
green beans	1 small packet	1 medium packet
mild chorizo	1 packet	2 packets
peeled prawns	1 packet	2 packets
lemon pepper seasoning	1 medium sachet	2 medium sachets
garlic paste	1 medium packet	2 medium packets
cream cheese	1 medium packet	2 medium packets
Parmesan cheese	1 medium packet	1 large packet
spinach, rocket & fennel mix	1 medium packet	1 large packet
semi-dried tomatoes	1 medium packet	2 medium packets
<b>balsamic vinegar*</b>	drizzle	drizzle
flaked almonds	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4451kJ (1064Cal)	862kJ (206Cal)
Protein (g)	55.2g	10.7g
Fat, total (g)	58.5g	11.3g
- saturated (g)	25.6g	5g
Carbohydrate (g)	76.7g	14.9g
- sugars (g)	12.5g	2.4g
Sodium (mg)	2780mg	539mg
Dietary Fibre (g)	10.1g	2g

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.

## Fancy a drop?

We recommend pairing this meal with Dry Riesling or Grüner Veltliner



## 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 **fettuccine** in the boiling water until 'al dente', **9 minutes**.
- Reserve some **pasta water** (¾ cup for 2 people / 1½ cups for 4 people), then drain **fettuccine**.

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



## Bring it all together

- Return frying pan to medium heat with a drizzle of **olive oil**. Cook **garlic paste**, stirring, until fragrant, **1 minute**.
- Add **cream cheese** and the **reserved pasta water**, stirring until combined, **2-3 minutes**.
- Stir in **Parmesan cheese** until smooth and combined, **1 minute**.
- Remove pan from heat and stir in cooked **fettuccine, chorizo** and **prawns** until combined. Season with **salt** and **pepper**.



## Get prepped & cook beans

- Meanwhile, trim **green beans**.
- Roughly chop **mild chorizo**.
- In a medium bowl, combine **peeled prawns, lemon pepper seasoning** and a drizzle of **olive oil**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **green beans**, tossing regularly, until tender, **4-5 minutes**. Transfer to a bowl. Season and cover to keep warm.



## Toss the salad

- In a large bowl, combine **spinach, rocket & fennel mix, semi-dried tomatoes** and a drizzle of **balsamic vinegar**. Season.



## Cook the prawns & chorizo

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **chorizo** and **prawns**, tossing occasionally, until prawns are pink and starting to curl and chorizo is golden, **4-6 minutes**.
- Transfer to a bowl.



## Serve up

- Divide lemon pepper prawns and chorizo fettuccine between plates.
- Top semi-dried tomato salad and green beans with **flaked almonds** to serve. Enjoy!

## We're here to help!

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# Caramelised Pineapple Mini Pavlovas

with Mint Cream, Passionfruit & Toasted Coconut

MOTHERS DAY SPECIAL

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Shredded Coconut



Pineapple Slices



Thickened Cream



Passionfruit



Mint



Meringue Nests

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

Finish your dinner off with a sweet surprise! Load up these fruity delights with mint cream, caramelised pineapple and passionfruit. Sprinkle with toasted coconut for added crunch and enjoy a light and fresh dessert that is sure to please.

## Pantry items

Butter, Brown Sugar

## Before you start

Wash your hands and any fresh food.

*If you're cooking for 6, double your quantities and cook in two batches!*

## You will need

Large frying pan · Electric beaters (or a metal whisk)

## Ingredients

	<b>4 people</b>
shredded coconut	1 medium packet
pineapple slices	1 tin
<b>butter*</b>	20g
<b>brown sugar*</b>	1 tsp
thickened cream	1 medium packet
passionfruit	1
mint	1 packet
meringue nests	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	767kJ (183Cal)	592kJ (141Cal)
Protein (g)	3g	2.3g
Fat, total (g)	10.2g	7.9g
- saturated (g)	6.8g	5.2g
Carbohydrate (g)	18.7g	14.4g
- sugars (g)	17.8g	13.7g
Sodium (mg)	38mg	29mg
Dietary Fibre (g)	7.9g	6.1g

The quantities provided above are averages only.

\*Nutritional information is based on 4 servings.

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1



## Toast the coconut

- Heat a large frying pan over medium-high heat. Add **shredded coconut** and toast until golden, **2-3 minutes**. Transfer to a bowl and set aside.

2



## Caramelise the pineapple

- Drain and finely chop **pineapple slices**.
- Return frying pan to medium-high heat. Cook **pineapple**, turning, until lightly browned, **4-6 minutes**.
- Add the **butter** and **brown sugar** and cook until golden brown and sticky, **2-4 minutes**. Transfer to a bowl and set aside to cool for at least **5 minutes**.

3



## Whip the cream

- In a large bowl, whisk **thickened cream** with electric beaters until soft peaks form and almost doubled in size, **3-4 minutes**.

**TIP:** If you don't have electric beaters, use a metal whisk.

**TIP:** For maximum volume, chill both your bowl and cream before whipping.

4



## Prep the toppings

- Halve **passionfruit**.
- Pick and thinly slice **mint** leaves.
- To the whipped cream, add half the **mint** and stir to combine.

5



## Assemble the pavlovas

- Dollop a spoonful of **mint cream** on each **meringue nest**, then top with the **caramelised pineapple**.
- Drizzle with some **passionfruit pulp** and top with the **toasted coconut** and remaining **mint**.

6



## Serve up

- Transfer caramelised pineapple mini pavlovas to a platter or serving board. Enjoy!

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