



Gourmet Prawn & Fresh Fettuccine Alfredo

with Spinach & Rocket Salad

FAST & FANCY

Grab your Meal Kit with this symbol



Tomato



Garlic



Egg Fettuccine



Tail-On Prawns



Tomato & Herb Seasoning



Light Cooking Cream



Parmesan Cheese



Spinach, Rocket & Fennel Mix



Chilli Flakes (Optional)

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

Eat Me Early

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 · Large frying pan

Ingredients

	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 medium sachet	2 medium 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

*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
Dietary Fibre (g)	4.1g	0.9g

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

1



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**.

3



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.

2



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**.

4



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 and fennel salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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