

# Gourmet Prawn & Fresh Fettuccine Alfredo

with Spinach & Rocket Salad

FAST & FANCY

Grab your Meal Kit  
with this symbol

22



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
<b>olive oil*</b>	refer to method	refer to method
tomato	1	2
garlic	2 cloves	4 cloves
egg fettuccine	1 packet	2 packets
<b>butter*</b>	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	2 medium packets
<b>vinegar*</b> (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://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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