



# CHILLI PRAWN LINGUINE

WITH HEIRLOOM CHERRY TOMATOES & PANGRATTATO



Make a pangrattato



Cherry Tomato Medley



Lemon



Garlic



Parsley



Long Red Chilli (Optional)



Red Onion



Roasted Almonds



Basil



Linguine



Rocket Leaves



Panko Breadcrumbs



Banana Prawns



Vegetable Stock

Hands-on: 30 mins  
Ready in: 40 mins

Eat me first

Spicy (optional long red chilli)

This restaurant-style dish is sure to impress and have you feeling a little bit smitten with your cooking efforts. A delicious and flavoursome trio of chilli, colourful tomatoes and vibrant lemon takes sweet, mild prawns to new heights. Plus, get to know your new best friend: pangrattato! It's a crunchy topping that you won't be able to stop eating.

**Pantry Staples:** Olive Oil, Vinegar (White Wine Or Balsamic), Butter, Brown Sugar

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large saucepan** • **oven tray** lined with **baking paper** • **large frying pan**



### 1 ROAST THE CHERRY TOMATOES

Preheat the oven to **220°C/200°C fan-forced**. Bring a large saucepan of lightly salted water to the boil. Place the **cherry tomatoes** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Bake for **15-20 minutes**, or until the cherry tomatoes are soft and the skin is slightly blistered.



### 2 GET PREPPED

While the cherry tomatoes are roasting, zest the **lemon** to get a **generous pinch** of zest. Slice the lemon into wedges. Roughly chop the **roasted almonds**. Finely chop the **garlic** (or use a garlic press). Finely chop the **parsley**. Finely chop the **red onion** (see **ingredients list**). Finely chop the **long red chilli** (if using). Pick and thinly slice the **basil**.



### 3 COOK THE LINGUINE

Add the **linguine** to the boiling water and cook for **9 minutes** or until 'al dente'. Reserve some **pasta water** (**1 cup for 2 people / 2 cups for 4 people**) and drain the **pasta**.

In a medium bowl, combine the **vinegar** and **olive oil** (**1 tbs for 2 people / 2 tbs for 4 people**). Add the **rocket leaves** and **roasted almonds** and toss to coat just before serving.



### 4 COOK THE PRAWNS

While the pasta is cooking, heat a **good drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add the **panko breadcrumbs** (see **ingredients list**) and cook, stirring, for **3 minutes** or until lightly golden and toasted. Add **1/3** of the **garlic** and cook for a further **1 minute** or until fragrant. Add the **lemon zest**, **parsley** and a **pinch** of **salt** and **pepper**. Stir to combine, then transfer to a small bowl. Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **banana prawns** and a **pinch** of **salt** and **pepper** and cook, tossing, for **3 minutes** or until browned. Transfer to a plate.



### 5 ADD THE PASTA & PRAWNS

Return the pan to a medium heat with a **drizzle** of **olive oil**. Add the **onion**, **long red chilli** (if using) and **remaining garlic** and cook for **3-4 minutes** or until softened and fragrant. Add the **cherry tomatoes** (and any **juices** from the tray) and **reserved pasta water** and crumble in the **vegetable stock** (**1/2 cube for 2 people / 1 cube for 4 people**). Simmer, squishing the tomatoes with the back of a wooden spoon, for **3-5 minutes** or until the sauce is thickened. Add the **butter** and stir until melted. Add the **basil**, **brown sugar** and a **good pinch** of **salt** and **pepper**. Add the **prawns** and **pasta** and toss to warm through.



### 6 SERVE UP

Divide the chilli prawn linguine between bowls. Spoon over some of the pangrattato. Serve the rocket and almond salad and lemon wedges on the side.

ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
cherry tomato medley	2 punnets	4 punnets
lemon	1	2
roasted almonds	1 packet	2 packets
garlic	3 cloves	6 cloves
parsley	1 bunch	1 bunch
red onion	½	1
long red chilli (optional)	1	2
basil	1 punnet	1 punnet
linguine	1 packet	2 packets
vinegar* (white wine or balsamic)	2 tsp	1 tbs
rocket leaves	1 bag (60 g)	1 bag (120 g)
panko breadcrumbs	½ packet	1 packet
banana prawns	1 packet	2 packets
vegetable stock	½ cube	1 cube
butter*	40 g	80 g
brown sugar*	½ tsp	1 tsp

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3670kJ (877Cal)	624kJ (149Cal)
Protein (g)	47.2g	8.0g
Fat, total (g)	30.8g	5.2g
- saturated (g)	12.7g	2.2g
Carbohydrate (g)	97.3g	16.6g
- sugars (g)	13.8g	2.4g
Sodium (g)	993mg	169mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

### PAIR THIS MEAL WITH

Riesling  
or  
Sauvignon Blanc

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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2018 | WK34

