




Creamy Lemon Pepper Prawn & Chorizo Fettuccine

with Semi-Dried Tomato Salad & Chargrilled Green Beans

AL FRESCO

Grab your Meal Kit with this symbol 



Fettuccine



Green Beans



Prawns



Lemon Pepper Seasoning



Mild Chorizo



Garlic Paste



Cream Cheese



Shaved Parmesan Cheese



Salad Leaves



Semi-Dried Tomatoes



Flaked Almonds

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

 Eat Me First

Embrace the balmy summer days and nights and dine outdoors with our delicious Al Fresco recipes. These satisfying share-style meals are packed with fresh seasonal ingredients, perfect for summer entertaining. 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, Vinegar (White Wine or Balsamic)

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

BBQ · Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
fettuccine	1 medium packet	1 large packet
green beans	1 small bag	1 medium bag
prawns	1 packet (200g)	2 packets (400g)
lemon pepper seasoning	1 medium sachet	2 medium sachets
mild chorizo	1 packet (250g)	2 packets (500g)
garlic paste	1 packet	2 packets
cream cheese	1 packet	2 packets
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
salad leaves	1 medium bag	1 large bag
semi-dried tomatoes	1 packet	2 packets
vinegar* (white wine or balsamic)	drizzle	drizzle
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4812kJ (1150Cal)	873kJ (209Cal)
Protein (g)	64.4g	11.7g
Fat, total (g)	60.4g	11g
- saturated (g)	26.2g	4.8g
Carbohydrate (g)	78.4g	14.2g
- sugars (g)	13.5g	2.4g
Sodium (mg)	2945mg	534mg

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.

1



Cook the pasta

- **Preheat BBQ to high heat.** Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil over high heat.
- Cook **fettuccine** in boiling water until 'al dente', **9 minutes**.
- Reserve some **pasta water** (3/4 cup for 2 people / 1 1/2 cups for 4 people), then drain **fettuccine**.

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

4



Make the sauce

- In a large frying pan, heat a drizzle of **olive oil** over medium heat. Cook **garlic paste** until fragrant, **1 minute**.
- Add **cream cheese** and the reserved **pasta water**, stirring until combined, **2-3 minutes**.
- Stir in **shaved 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**.

2



Grill the green beans

- Meanwhile, trim **green beans**.
- In a medium bowl, combine **green beans**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.
- When BBQ is hot, grill **green beans**, turning occasionally, until tender, **5-6 minutes**. Transfer to a bowl. Cover to keep warm.

No BBQ? Heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook green beans, tossing occasionally, until tender, 6-8 minutes. Transfer to a bowl. Cover to keep warm.

5



Toss the salad

- Meanwhile, in a large bowl, combine **salad leaves, semi-dried tomatoes** and a drizzle of **vinegar**. Season.

3



Grill the prawns & chorizo

- In a second medium bowl, combine **prawns, lemon pepper seasoning** and a drizzle of **olive oil**. Roughly chop **mild chorizo**.
- Grill **chorizo** until starting to brown, **2-3 minutes** either side.
- Add **prawns** and grill until pink and starting to curl up, **2-3 minutes** each side. Transfer **chorizo** and **prawns** to a bowl.

No BBQ? In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chorizo, tossing, until starting to brown, 2 minutes. Add prawns and cook, tossing, until pink and starting to curl up, 3-4 minutes. Transfer chorizo and prawns to a bowl.

6



Serve up

- Bring everything to the table.
- Serve cheesy lemon pepper prawn & chorizo fettuccine with semi-dried tomato salad and chargrilled green beans.
- Top salad and green beans with **flaked almonds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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