

Creamy Prawn & Tomato Fettuccine

with Pear Salad & Parsley

MOTHER'S DAY SPECIAL

Grab your Meal Kit with this symbol



Snacking Tomatoes



Lemon



Pear



Garlic



Egg Fettuccine



Prawns



Light Cooking Cream



Passata



Chicken Stock Pot



Chilli Flakes (Optional)



Salad Leaves



Parsley

Prep in: 25-35 mins
Ready in: 35-45 mins

 Eat Me First

Golden strands of fettuccine combine with sweet cherry tomatoes and meaty prawns to create a meal that feels a bit fancy. Add parsley for a pop of fresh and peppery flavour, the chilli for some heat, and dinner is complete.

Pantry items

Olive Oil, Butter, 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

Oven tray lined with baking paper · Large saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
snacking tomatoes	1 punnet	2 punnets
lemon	½	1
pear	1	2
garlic	2 cloves	4 cloves
egg fettuccine	1 packet	2 packets
prawns	1 packet (225g)	2 packets (450g)
butter*	30g	60g
light cooking cream	1 medium packet	1 large packet
passata	1 box	2 boxes
chicken stock pot	1 packet (20g)	2 packets (40g)
chilli flakes (optional)	pinch	pinch
balsamic vinegar*	drizzle	drizzle
salad leaves	1 small bag	1 medium bag
parsley	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3571kJ (853Cal)	543kJ (130Cal)
Protein (g)	35.2g	5.4g
Fat, total (g)	36.4g	5.5g
- saturated (g)	18.4g	2.8g
Carbohydrate (g)	101.8g	15.5g
- sugars (g)	16.6g	2.5g
Sodium (mg)	1703mg	259mg

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



Roast the cherry tomatoes

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Halve **snacking tomatoes**, then place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast **tomatoes** until blistered, **10-15 minutes**.

4



Make the sauce

- Return frying pan to medium-high heat. Cook the **butter**, **garlic** and a drizzle of **olive oil** until fragrant, **1 minute**.
- Add **light cooking cream**, **passata**, **chicken stock pot** and a pinch of **chilli flakes** (if using). Cook, stirring, until thickened, **2-3 minutes**.

2



Get prepped & cook the pasta

- Meanwhile, zest **lemon** to get a good pinch, then slice into wedges.
- Thinly slice **pear**. Finely chop **garlic**.
- Half-fill a large saucepan with the boiled water. Add **egg fettuccine** and cook, uncovered, over high heat until 'al dente', **3 minutes**.
- Reserve some **pasta water** (¼ cup for 2 people / ½ cup for 4 people), then **drain pasta** and return to pan. Drizzle with **olive oil** to prevent sticking. Cover to keep warm.

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

5



Bring it all together

- To the pan with the sauce, add cooked **fettuccine**, **roasted tomatoes**, a squeeze of **lemon juice** and the reserved **pasta water**. Toss to combine and heat through. Season to taste, then remove from heat.
- In a medium bowl, combine a drizzle of the **balsamic vinegar** and **olive oil**. Season, then add **salad leaves** and **pear**. Toss to coat.

3



Cook the prawns

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.
- Remove pan from heat. Season, then add **lemon zest**. Toss to combine, then transfer to a bowl. Cover to keep warm.

6



Serve up

- Roughly chop **parsley leaves**.
- Divide creamy tomato fettuccine between bowls. Top with prawns.
- Sprinkle with parsley and a pinch of **chilli flakes** (if using).
- Serve with pear salad and any remaining lemon wedges. Enjoy!

We're here to help!

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Lamington-Style Chocolate Brownies

with Mixed Berry Compote & Whipped Cream

MOTHER'S DAY SPECIAL

Grab your Meal Kit with this symbol



Chocolate Brownie Mix



Shredded Coconut



Thickened Cream



Mixed Berry Compote

Prep in: 25-35 mins
Ready in: 35-45 mins

Eat Me First

Inspired by the much-loved Aussie lamington, these decadent brownies have all the flavours you know and love. A touch of mixed berry compote and whipped cream makes them an absolutely indulgent after dinner treat.

Pantry items

Butter, Eggs

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

Medium baking tin · Electric beaters

Ingredients

	4 People
chocolate brownie mix	2 packets
butter*	150g
eggs*	3
shredded coconut	2 packets
thickened cream	1 medium packet
mixed berry compote	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1924kJ (459Cal)	1547kJ (369Cal)
Protein (g)	6.3g	5.1g
Fat, total (g)	24g	19.3g
- saturated (g)	15.2g	12.2g
Carbohydrate (g)	54g	43.4g
- sugars (g)	44.2g	35.5g
Sodium (mg)	169mg	136mg

The quantities provided above are averages only.

Allergens

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2023 | CW19

1



Melt the butter & combine the ingredients

- Preheat oven to **180°C/160°C fan-forced**. Grease and line the baking tin.
- Weigh out 500g of **chocolate brownie mix**.
- Melt the **butter** in the microwave or in a saucepan.
- Crack the **eggs** into a large mixing bowl. Add measured **chocolate brownie mix**, melted **butter** and a pinch of **salt**. Stir with a wooden spoon until well combined.

3



Whip the cream

- While the brownie is cooling, place **thickened cream** in a large bowl. Whisk with electric beaters until soft peaks form and almost doubled in size, **3-4 minutes**.

TIP: If you don't have an electric mixer, use a metal hand whisk.

TIP: For the perfect soft peaks, whip until the cream just clings to the whisk or beater when lifted.

2



Bake the brownies

- Pour **brownie mixture** into the prepared baking tin, then spread out evenly using the back of a wooden spoon. Sprinkle with **shredded coconut**.
- Bake for **25-28 minutes** or until just firm to the touch but still a little soft in the middle. Allow to cool completely in the baking tin.

TIP: To check if the brownie is done, stick a toothpick or skewer in the centre. It should come out with crumbs clinging. If you like your brownies more cakey and less fudgey, bake for an extra 5 minutes.

4



Serve up

- When the brownies have cooled, slice into 9 squares.
- Serve brownies with **mixed berry compote** and whipped cream. Enjoy!

TIP: Store any leftover brownies in an airtight container.

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