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Prawn, Zucchini & Chilli Spaghetti with Fresh Parsley

This spaghetti dish is one of our favourite go tos. Simple, fresh, and prepared in a flash, this fresh pasta will put a spring in your step. Both zucchini and pasta soak up all the amazing flavour from lemon, chilli and fresh prawns in this recipe, so look out for the flavour hit!



Prep: 15 mins

Cook: 20 mins

Total: 35 mins



level 1



lactose free



seafood first

Pantry Items



Olive Oil



Water



White Wine



Prawns



Red Onion



Garlic



Long Red Chilli



Parsley



Zucchini



Diced Tomatoes



Spaghetti

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2P	4P	Ingredients
1 tbs	2 tbs	olive oil *
1 portion	2 portions	prawns, rinsed
½	1	red onion, finely chopped
2 cloves	3 cloves	garlic, peeled & finely chopped
1	2	long red chilli, finely chopped
½ bunch	1 bunch	parsley, stalks & leaves finely chopped separately
1	2	zucchini, grated
1 tin	2 tins	diced tomatoes
½ cup	½ cup	water *
2 tbs	3 tbs	white wine (optional) *
200 g	400 g	spaghetti

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2620	Kj
Protein	43.5	g
Fat, total	9.9	g
-saturated	1.4	g
Carbohydrate	83.6	g
-sugars	10.3	g
Sodium	467	mg

Disclaimer: Using more spaghetti than stated will alter the flavour.



You will need: chef's knife, chopping board, box grater, kettle, medium frying pan, tongs, wooden spoon, large saucepan and colander.

1 Fill a kettle with water and bring to the boil.

2 Heat half of the **olive oil** in a medium frying pan over a medium heat. Add the **prawns** and cook, turning, for **1-2 minutes** or until they just change colour. Remove from the pan and set aside.



3 Heat the remaining olive oil in the same frying pan over a medium-high heat. Add the **red onion** and cook, stirring, for **3 minutes** or until soft. Add the **garlic**, **long red chilli** and **parsley stalks** and cook for **1 minute** or until fragrant. Add the **zucchini**, **diced tomatoes**, **water** and the **white wine** (if using) and bring to the boil. Reduce the heat to medium-low and simmer the sauce for **10 minutes** or until it begins to reduce slightly. Return the prawns back to the pan, cook for **2 minutes** in the sauce and then remove from the heat. Stir through most of the **parsley leaves** (reserving a little for garnish).



4 Meanwhile, pour the boiling water into a large saucepan with a pinch of salt. Add the **spaghetti** and cook for **6 minutes** or until the pasta is cooked 'al dente'. Drain. Add the spaghetti to the frying pan with the prawn sauce and toss to coat well.

5 To serve, divide the prawn pasta between bowls. Garnish with the remaining parsley.



Did you know? There are approximately 350 different types of pasta!