



HelloFresh.com.au

@hellofresh.com.au | (02) 8188 8722

WK19  
2016



## Saucy Prawn Spaghetti with Tomato & Parsley Sauce

You'll twirl your spaghetti with pride after whipping up this colourful and healthy seafood number! This combination is a time honoured classic - and with good reason. Bring fresh seafood, chilli, garlic, parsley and tomatoes together. We're not quite sure what happens, but it's something magically delicious.



**Prep:** 15 mins  
**Cook:** 25 mins  
**Total:** 40 mins



level 1



spicy



seafood first

### Pantry Items



Olive Oil



Water



Prawns



Red Onion



Garlic



Long Red Chilli



Parsley



Diced Tomatoes



Spaghetti

JOIN OUR PHOTO CONTEST



#HelloFreshAU

QTY	Ingredients
1 tbs	olive oil *
400 g	prawns
1	red onion, finely chopped
2 cloves	garlic, peeled & crushed
½ bunch	parsley, stalks & leaves finely chopped separately
2 tins	diced tomatoes
⅓ cup	warm water *
⅔ packet	spaghetti
½	long red chilli, finely chopped (optional)

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

**Nutrition per serve**

Energy	1970	Kj
Protein	33.2	g
Fat, total	5.3	g
-saturated	0.8	g
Carbohydrate	68.1	g
-sugars	8.3	g
Sodium	364	mg



**You will need:** chef's knife, chopping board, garlic crusher, kettle, large frying pan, large saucepan and a colander.

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

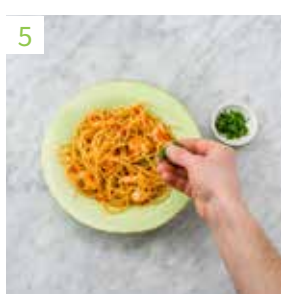
**2** Heat half of the **olive oil** in a large frying pan over a medium-high heat. Add the **prawns** and cook, turning, for **1-2 minutes** or until they just change colour. Remove from the pan and set aside.



**3** Heat the remaining olive oil in the same frying pan over a medium-high heat. Add the **red onion** and cook, stirring, for **5 minutes** or until soft. Add the **garlic** and **parsley stalks** and cook for **1 minute** or until fragrant. Add the **diced tomatoes** and then pour the **warm water** into the empty tins, swirl around to catch any excess tomato sauce and tip into the pan. Bring the sauce to the boil. Reduce the heat to medium-low and simmer the sauce for **10 minutes** or until it begins to thicken slightly. Add 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 **long red chilli** and remaining parsley.

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