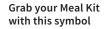


Creamy Garlic Prawns & Fresh Fettuccine with Leek, Lemony Rocket & Parmesan

FAST & FANCY













Fresh Fettuccine



Peeled Prawns



Garlic & Herb Seasoning





Chilli Flakes (Optional)





Chicken-Style Stock Powder

Baby Spinach



Grated Parmesan Cheese

Rocket Leaves



Golden strands of fresh fettuccine combine with aromatic seasonings and meaty prawns to create a quick meal that feels a bit fancy. Add a squeeze of lemon juice and sprigs of rocket leaves for a pop of fresh and peppery flavour, then the chilli flakes for some heat, and dinner is complete.

Pantry items Olive Oil

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

 $Large\ saucepan\cdot Large\ frying\ pan$

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
leek	1	2
lemon	1/2	1
fresh fettuccine	1 packet	1 packet
peeled prawns	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
garlic paste	1 medium sachet	1 large sachet
chilli flakes ∮ (optional)	pinch	pinch
cream	½ packet (125ml)	1 packet (250ml)
chicken-style stock powder	1 large sachet	2 large sachets
baby spinach leaves	1 small bag	1 medium bag
grated Parmesan cheese	1 medium packet	1 large packet
rocket leaves	1 small bag	1 medium bag

*Pantry Items Nutrition

Avg Qty	Per Serving	Per 100g	
Energy (kJ)	3878kJ (927Cal)	814kJ (195Cal)	
Protein (g)	42.9g	9g	
Fat, total (g)	34.8g	7.3g	
- saturated (g)	18.9g	4g	
Carbohydrate (g)	93.4g	19.6g	
- sugars (g)	8.3g	1.7g	
Sodium (mg)	2367mg	497mg	

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- · Boil the kettle.
- Thinly slice leek. Slice lemon into wedges.



Cook the prawns & leek sauce

- Meanwhile, heat a large frying pan over high heat with a drizzle of olive oil.
 When oil is hot, cook leek and peeled prawns, tossing, until prawns are pink and starting to curl up, 3-4 minutes.
- Reduce heat to medium, then add garlic & herb seasoning, garlic paste and a pinch of chilli flakes (if using) and cook until fragrant, 1 minute.
- Add cream (see ingredients), chicken-style stock powder and the reserved pasta water and cook until slightly thickened, 1-2 minutes.
- Add cooked fettuccine, the baby spinach leaves, grated Parmesan cheese and a generous squeeze of lemon juice, then toss to coat. Season with pepper.

TIP: Add a splash more reserved pasta water if the sauce looks too thick.



Cook the fettuccine

- Half-fill a large saucepan with boiling water and season generously with salt.
- Bring to the boil, add **fresh fettuccine** and cook, over high heat, until 'al dente', **3 minutes**. Reserve some **pasta water** (½ cup for 2 people / 1 cup for 4 people). Drain and set aside.



Serve up

- Meanwhile, combine rocket leaves, a squeeze of lemon juice and a drizzle of olive oil in a medium bowl. Season and toss to combine.
- Divide creamy garlic prawn and leek fettuccine between bowls.
- Garnish with lemony rocket. Serve with any remaining lemon wedges. Enjoy!



