



Quick Prawn & Spaghetti Arrabbiata

with Parmesan Cheese & Pear Salad

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Garlic



Onion



Pear



Spaghetti



Peeled Prawns



Chilli Flakes (Optional)



Garlic & Herb Seasoning



Diced Tomatoes with Garlic & Onion



Mixed Salad Leaves



Grated Parmesan Cheese



Parsley



Peeled Prawns

Prep in: 20-30 mins
Ready in: 25-35 mins

A seafood pasta is just the thing we need to make dinner time feel extra special. The spiced tomato sauce is rich and warming, with a fresh pear salad on the side. Fresh prawns are the finishing touch to this taste sensation!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Brown Sugar, Vinegar (White Wine or Balsamic)

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
onion	½	1
pear	1	2
spaghetti	1 packet	2 packets
butter*	40g	80g
peeled prawns	1 packet	2 packets
chilli flakes (optional)	1 pinch	1 pinch
garlic & herb seasoning	1 medium sachet	1 large sachet
diced tomatoes with garlic & onion	1 medium packet	2 medium packets
brown sugar*	1 tsp	2 tbs
mixed salad leaves	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
grated Parmesan cheese	1 medium packet	1 large packet
parsley	1 packet	1 packet
peeled prawns**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3238kJ (774Cal)	584kJ (140Cal)
Protein (g)	33.7g	6.1g
Fat, total (g)	23.1g	4.2g
- saturated (g)	14.1g	2.5g
Carbohydrate (g)	96.2g	17.4g
- sugars (g)	25.3g	4.6g
Sodium (mg)	2000mg	361mg
Dietary Fibre (g)	13.4g	2.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3588kJ (858Cal)	548kJ (131Cal)
Protein (g)	47.4g	7.2g
Fat, total (g)	23.6g	3.6g
- saturated (g)	14.2g	2.2g
Carbohydrate (g)	97.2g	14.9g
- sugars (g)	26.3g	4g
Sodium (mg)	2652mg	405mg
Dietary fibre	14.4g	2.2g

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. Finely chop **garlic** and **onion** (see ingredients).
- Thinly slice **pear**.
- Pour boiled water into a large saucepan over high heat with a pinch of **salt**.
- Cook **spaghetti** in boiling water until 'al dente', **10 minutes**.
- Reserve **pasta water** (½ cup for 2 people / 1 cup for 4 people). Drain **spaghetti**, then return to saucepan with a drizzle of **olive oil**.



Bring it all together

- Return the frying pan to medium heat with a drizzle of **olive oil**. Cook **onion** and a pinch of **chilli flakes** (if using) until tender, **3-5 minutes**.
- Add **garlic & herb seasoning** and cook until fragrant, **1 minute**. Add **diced tomatoes with garlic & onion**, the **brown sugar** and some **reserved pasta water** (¼ cup for 2 people / ½ cup for 4 people).
- Bring to the boil, then reduce heat to low and simmer, until slightly thickened, **4-5 minutes**. Season with **salt** and **pepper**.
- Remove sauce from heat, then stir in spaghetti, prawns and the remaining **butter**.
- In a large bowl, combine **pear**, **mixed salad leaves**, a drizzle of **vinegar** and **olive oil**. Season to taste.



Cook the prawns

- In a large frying pan, heat half the **butter** and a drizzle of **olive oil** over medium-high heat.
- Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.
- In the **last minute**, add **garlic** and cook, tossing, until fragrant, **1 minute**.
- Season with **salt** and **pepper**, then transfer to a bowl. Set aside.

Custom Recipe: If you've doubled your prawns, cook in batches for the best results.



Serve up

- Divide prawn and spaghetti arrabbiata between bowls.
- Sprinkle with **grated Parmesan cheese** and tear over **parsley** to garnish. Serve with pear salad. Enjoy!

TIP: Seasoning is key in this dish, so taste and season with more salt and pepper if needed.

We're here to help!

Scan here if you have any questions or concerns

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