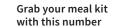


Creamy Garlic Prawn Fettuccine

with Leek, Lemony Parsley & Parmesan

FAST & FANCY













Fresh Fettuccine

Peeled Prawns





Garlic & Herb Seasoning



Chilli Flakes



Garlic Paste

(Optional)





Chicken-Style Stock Powder

Baby Leaves



Grated Parmesan Cheese



Parsley



Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

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

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3873kJ (926Cal)	830kJ (198Cal)
Protein (g)	42.3g	9.1g
Fat, total (g)	34.8g	7.5g
- saturated (g)	18.9g	4.1g
Carbohydrate (g)	94.5g	20.3g
- sugars (g)	9.2g	2g
Sodium (mg)	2378mg	510mg
Dietary Fibre (g)	3.7g	0.8g

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 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, baby leaves, grated Parmesan cheese and a generous squeeze of lemon juice, then toss to coat. Season with pepper.

TIP: Add a splash more 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, roughly chop parsley.
- In a medium bowl, add parsley, a squeeze of lemon juice and a drizzle of olive oil. Season and toss to combine.

Rate your recipe

- Divide creamy garlic prawn fettuccine between bowls.
- Garnish with lemony parsley to serve. Enjoy!

