

Creamy Garlic Prawn Fettuccine

with Leek, Lemony Parsley & Parmesan

FAST & FANCY

Grab your meal kit
with this number

37



Leek



Lemon



Fresh Fettuccine



Peeled Prawns



Garlic & Herb
Seasoning



Garlic Paste



Chilli Flakes
(Optional)



Cream



Chicken-Style
Stock Powder



Baby Leaves



Grated Parmesan
Cheese



Parsley

Prep in: 15-25 mins
Ready in: 15-25 mins

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 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

	2 People	4 People
olive oil*	refer to method	refer to method
leek	1	2
lemon	½	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.
- Divide creamy garlic prawn fettuccine between bowls.
- Garnish with lemony parsley to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2024 | CW32

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