

# 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 chopped parsley for a pop of fresh 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
<b>olive oil*</b>	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)	350kJ (84cal)
Protein (g)	42.3g	3.8g
Fat, total (g)	34.8g	3.1g
- saturated (g)	18.9g	1.7g
Carbohydrate (g)	94.5g	8.5g
- sugars (g)	9.2g	0.8g
Sodium (mg)	2378mg	214.7mg
Dietary Fibre (g)	3.7g	0.3g

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](https://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**.
- Combine parsley, a squeeze of lemon juice and a drizzle of olive oil in a medium bowl. 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



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