



# Quick Lemon & Prawn Fusilli

with Chilli Flakes & Parsley

Grab your meal kit with this number

6



Fusilli



Lemon



Celery



Leek



Peeled Prawns



Garlic & Herb Seasoning



Cream



Baby Leaves



Chilli Flakes (Optional)



Peeled Prawns



Diced Bacon

### Recipe Update

We've replaced the orecchiette in this recipe with fusilli due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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

A seafood pasta feels fancy without even trying and we think a squeeze of zesty lemon juice with these prawns is enough to earn a five star rating for this fusilli dish. We'll let you be the judge.

### Pantry items

Olive Oil, Butter



## 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
fusilli	1 medium packet	2 medium packets
lemon	½	1
celery	1 stalk	2 stalks
leek	1	2
peeled prawns	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
cream	½ packet	1 packet
<b>salt*</b>	¼ tsp	½ tsp
baby leaves	1 medium packet	1 large packet
<b>butter*</b>	20g	40g
chilli flakes  (optional)	1 pinch	1 pinch

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3184kJ (761cal)	312kJ (74cal)
Protein (g)	28.6g	2.8g
Fat, total (g)	33.6g	3.3g
- saturated (g)	21g	2.1g
Carbohydrate (g)	75.1g	7.4g
- sugars (g)	10.9g	1.1g
Sodium (mg)	1915mg	187.4mg
Dietary Fibre (g)	7.6g	0.7g

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.

1



## Cook the fusilli

- Half-fill a large saucepan with **water**, add a generous pinch of **salt**, then bring to the boil over high heat.
- Cook **fusilli** in boiling water until 'al dente', **12 minutes**.
- Reserve some **pasta water** (¼ cup for 2 people / ½ cup for 4 people), then drain **fusilli** and return to pan.

3



## Cook the prawns & sauce

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **prawns**, **celery** and **leek**, tossing, until prawns are pink and starting to curl up, **3-4 minutes**.
- Reduce heat to medium, then add **garlic & herb seasoning** and cook until fragrant, **1 minute**.
- Stir in **cream** (see ingredients), the **salt**, **reserved pasta water** and **lemon zest** until slightly thickened, **1-2 minutes**.
- Stir through **cooked fusilli**, **baby leaves**, the **butter** and a generous squeeze of **lemon juice** until combined, **1 minute**. Season with **pepper**.

2



## Get prepped

- While the pasta is cooking, zest **lemon** to get a pinch, then slice into wedges.
- Thinly slice **celery** and **leek**.

4



## Serve up

- Divide lemon and prawn fusilli between bowls.
- Sprinkle with a pinch of **chilli flakes** (if using).
- Serve with any remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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### CUSTOM OPTIONS

**+** **DOUBLE PEELED PRAWNS**  
Follow method above, cooking in batches if necessary.

**+** **ADD DICED BACON**  
Before cooking sauce, cook diced bacon, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

