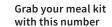
# Quick Lemon & Prawn Fusilli with Chilli Flakes & Parsley













Celery

Leek



Peeled Prawns

Garlic & Herb Seasoning





Cream

**Baby Leaves** 



Chilli Flakes (Optional)







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

# 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
fusilli	1 medium packet	2 medium packets
lemon	1/2	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
salt*	1/4 tsp	½ tsp
baby leaves	1 medium packet	1 large packet
butter*	20g	40g
chilli flakes 🥖 (optional)	1 pinch	1 pinch

<sup>\*</sup>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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



#### 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.



# Get prepped

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



# 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.

batches if necessary.



# 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!



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# DOUBLE PEELED PRAWNS Follow method above, cooking in Before cooking sauc

