



Creamy Garlic Prawn Fettuccine

with Fresh Pasta & Lemony Parsley

FAST & FANCY

Grab your meal kit with this number

15



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 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 medium packet	1 large packet
chilli flakes  (optional)	pinch	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)	3874kJ (831cal)	831kJ (178cal)
Protein (g)	42.7g	9.2g
Fat, total (g)	35.1g	7.5g
- saturated (g)	18.9g	4.1g
Carbohydrate (g)	93.4g	20g
- sugars (g)	9.1g	2g
Sodium (mg)	2222mg	476.8mg
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.

1



Get prepped

- Boil the kettle.
- Thinly slice **leek**.
- Slice **lemon** into wedges.

3



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.

2



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.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.

4



Finish & serve

- Meanwhile, roughly chop **parsley**.
- In a medium bowl, combine 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

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