



# Creamy Lemon & Prawn Orecchiette

with Parsley & Chilli Flakes

NEW

Grab your Meal Kit with this symbol



Orecchiette



Garlic



Baby Spinach Leaves



Celery



Leek



Lemon



Peeled Prawns



Garlic & Herb Seasoning



Cream



Chilli Flakes (Optional)



Parsley



Peeled Prawns

Prep in: 15-25 mins  
Ready in: 20-30 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 orecchiette dish. We'll let you be the judge.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter

## Before you start

Wash your hands and any fresh food

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
orecchiette	1 packet	1 packet
garlic	2 cloves	4 cloves
baby spinach leaves	1 medium bag	1 large bag
celery	1 stalk	2 stalks
leek	1	2
lemon	½	1
peeled prawns	1 packet	2 packets
garlic & herb seasoning	1 sachet	1 sachet
cream	½ bottle (125ml)	1 bottle (250ml)
<b>salt*</b>	¼ tsp	½ tsp
<b>butter*</b>	20g	40g
chilli flakes (optional)	pinch	pinch
parsley	1 bag	1 bag
peeled prawns**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3200kJ (765Cal)	710kJ (170Cal)
Protein (g)	28.8g	6.4g
Fat, total (g)	33.7g	7.5g
- saturated (g)	21g	4.7g
Carbohydrate (g)	74.3g	16.5g
- sugars (g)	10g	2.2g
Sodium (mg)	1917mg	425mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3550kJ (848Cal)	645kJ (154Cal)
Protein (g)	42.5g	7.7g
Fat, total (g)	34.2g	6.2g
- saturated (g)	21.2g	3.9g
Carbohydrate (g)	74.3g	13.5g
- sugars (g)	10g	1.8g
Sodium (mg)	2569mg	467mg

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.

## We're here to help!

Scan here if you have any questions or concerns

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## Cook the orecchiette

- Boil the kettle.
- Half-fill a large saucepan with boiling water. Add a generous pinch of **salt** and heat over high heat.
- Cook **orecchiette** in the boiling water until 'al dente', **8 minutes**.
- Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), then drain **orecchiette** and return to pan.



## Cook the prawns & bring it all together

- 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 **garlic** 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 **orecchiette**, the **baby spinach leaves**, the **butter** and a generous squeeze of **lemon juice** until combined, **1 minute**. Season with **pepper**.

**Custom Recipe:** If you've ordered double the peeled prawns, cook in batches for best results!



## Get prepped

- While the pasta is cooking, finely chop **garlic**. Roughly chop **baby spinach leaves** and **celery**. Thinly slice **leek**.
- Zest **lemon** to get a pinch, then slice into wedges.



## Serve up

- Divide creamy lemon and prawn orecchiette between bowls. Sprinkle with a pinch of **chilli flakes** (if using).
- Tear over **parsley** and serve with any remaining lemon wedges. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)