

Creamy Lemon Prawn Orecchiette

with Apple Salad

Grab your Meal Kit with this symbol



Orecchiette



Garlic



Kale



Lemon



Apple



Garlic & Herb Seasoning



Mixed Salad Leaves



Chilli Flakes (Optional)




Prawns



Light Cooking Cream

Prep in: **15-25** mins
Ready in: **20-30** mins

 Eat Me First

Before you put prawn pasta in the too hard basket, give this recipe a go. It comes together in four simple steps, with an elegant end-result that's good enough for guests. A double dose of lemon from the zest and the juice really brightens the cream sauce, with the juice also working to tenderise the juicy prawns.

Pantry items

Olive Oil, Butter, Red Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan · Large frying pan

Ingredients

| | 2 People | 4 People |
|--------------------------|-----------------|------------------|
| olive oil* | refer to method | refer to method |
| orecchiette | 1 medium packet | 1 large packet |
| garlic | 2 cloves | 4 cloves |
| kale | 1 medium bag | 2 medium bags |
| lemon | ½ | 1 |
| apple | ½ | 1 |
| prawns | 1 packet (200g) | 2 packets (400g) |
| garlic & herb seasoning | 1 medium sachet | 1 large sachet |
| light cooking cream | 1 medium packet | 1 large packet |
| salt* | ¼ tsp | ½ tsp |
| butter* | 20g | 40g |
| mixed salad leaves | 1 small bag | 1 medium bag |
| red wine vinegar* | drizzle | drizzle |
| chilli flakes (optional) | pinch | pinch |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2816kJ (673Cal) | 722kJ (173Cal) |
| Protein (g) | 27.9g | 7.2g |
| Fat, total (g) | 24.3g | 6.2g |
| - saturated (g) | 14.1g | 3.6g |
| Carbohydrate (g) | 76g | 19.5g |
| - sugars (g) | 10.6g | 2.7g |
| Sodium (mg) | 1435mg | 368mg |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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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1



Cook the orecchiette

- Boil the kettle.
- Half-fill a large saucepan with the boiled **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 **pasta** and return to pan.

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

3



Cook the prawns & sauce

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **prawns**, tossing, until 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 **light cooking cream**, the **salt**, reserved **pasta water** and the **lemon zest**. Cook until slightly thickened, **1-2 minutes**.
- Stir in cooked **orecchiette**, **kale**, the **butter** and a generous squeeze of **lemon juice** until combined, **1 minute**. Season with **pepper**.

2



Get prepped

- While the pasta is cooking, finely chop **garlic**. Thinly slice **kale**, discarding any larger pieces of stalk.
- Zest **lemon** to get a pinch, then slice into wedges.
- Thinly slice **apple** (see ingredients) into wedges. Set aside.

4



Serve up

- In a medium bowl, combine **mixed salad leaves**, **apple** and a drizzle of **red wine vinegar** and **olive oil**. Season to taste.
- Divide creamy lemon prawn orecchiette between bowls. Sprinkle with a pinch of **chilli flakes** (if using).
- Serve with apple salad and any remaining lemon wedges. Enjoy!

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