



Prawn, Chorizo & Creamy Garlic Fettuccine

with Chilli, Lemon & Herb Pangrattato

Grab your Meal Kit with this symbol



Cherry Tomatoes



Lemon



Parsley



Garlic



Mild Chorizo



Panko Breadcrumbs



Chilli Flakes (Optional)



Fettuccine



Prawns



Thickened Cream



Chicken Stock Powder



Baby Spinach Leaves



Hands-on: **25-35 mins**
Ready in: **30-40 mins**



Spicy (optional
chilli flakes)



Eat Me First

Golden strands of fettuccine combine with sweet cherry tomatoes, smokey chorizo and meaty prawns to create a meal that feels a bit fancy. Add the pangrattato for crunch, the chilli for some heat, and dinner is complete.

Pantry items

Olive Oil, Butter

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

Oven tray lined with baking paper · Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cherry tomatoes	1 packet	2 packets
lemon	½	1
parsley	1 bag	1 bag
garlic	2 cloves	4 cloves
mild chorizo	1 packet (135g)	2 packets (270g)
panko breadcrumbs	½ medium packet	1 medium packet
chilli flakes (optional)	pinch	pinch
fettuccine	1 packet	2 packets
prawns	1 packet	2 packets
butter*	20g	40g
thickened cream	1 medium packet	2 medium packets
chicken stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4100kJ (979Cal)	767kJ (183Cal)
Protein (g)	43.1g	8.1g
Fat, total (g)	53.9g	10.1g
- saturated (g)	30g	5.6g
Carbohydrate (g)	87.3g	16.3g
- sugars (g)	9.1g	1.7g
Sodium (mg)	2355mg	441mg

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.

Fancy a drop?

We recommend pairing this meal with Vermentino or Pinot.



Roast the cherry tomatoes

Preheat the oven to **240°C/220°C fan-forced**. Place the **cherry tomatoes** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until blistered, **15-20 minutes**. Meanwhile, bring a large saucepan of salted water to the boil. Zest the **lemon** to get a good pinch and slice into wedges. Finely chop the **parsley**. Finely chop the **garlic**. Roughly chop the **mild chorizo**.



Cook the chorizo & prawns

While the pasta is cooking, return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chorizo** until almost golden, **4 minutes**. Add the **prawns** and cook, tossing, until pink and starting to curl up, **3 minutes**. Transfer to a bowl.



Make the pangrattato

While the tomatoes are roasting, heat a large frying pan with a drizzle of **olive oil** over a medium-high heat. Cook the **panko breadcrumbs** (see ingredients), stirring, until golden, **3-4 minutes**. Add the **lemon zest**, **parsley** and a pinch of **chilli flakes** (if using) and cook until fragrant, **1 minute**. Season, then transfer to a bowl.



Cook the sauce

Return the pan to a medium heat with the **butter** and **garlic** and cook until fragrant, **1 minute**. Add the **thickened cream**, **chicken stock powder** and **baby spinach leaves**. Cook until the sauce has thickened and the **spinach** is wilted, **2-3 minutes**. Add the **fettuccine**, **roasted cherry tomatoes**, **chorizo** and **prawns** to the pan. Add a squeeze of **lemon juice**, season and toss to combine.

TIP: Add a dash of pasta water if the sauce looks too thick.



Cook the pasta

Cook the **fettuccine** in the boiling water until just 'al dente', **9 minutes**. Reserve a 1/4 cup of **pasta water**, then drain the **fettuccine** and return to the saucepan. Add a drizzle of **olive oil** to prevent the pasta from sticking.

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



Serve up

Divide the prawn, chorizo and creamy garlic fettuccine between plates. Top with the chilli, lemon and herb pangrattato. Serve with remaining lemon wedges.

Enjoy!