



Quick Prawn & Tomato Pasta

with Zucchini, Fetta & Flaked Almonds

Grab your Meal Kit with this symbol



Orecchiette



Tomato



Zucchini



Garlic



Garlic & Herb Seasoning



Nan's Special Seasoning



Passata



Peeled Prawn



Baby Spinach Leaves



Fetta Cubes



Flaked Almonds



Hands-on: **20-30 mins**
Ready in: **25-35 mins**



Eat Me First



Calorie Smart

If 'pasta for dinner' is music to your ears, wait till you try this dish. The ear-shaped orecchiette are the perfect vessel for the zucchini-studded pasta sauce, complete with perfectly cooked meaty prawns. Bring everything together with a sprinkle of almonds and some creamy fetta for a meal that's music to your tastebuds.

The recent harsh weather conditions have impacted the zucchini grown by our farmers. The quality and freshness is still the same, but they may be a little smaller than usual.

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

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
orecchiette	1 packet	2 packets
tomato	1	2
zucchini	1	2
garlic	3	6
garlic & herb seasoning	1 sachet	2 sachets
Nan's special seasoning	1 sachet	2 sachets
passata	1 box	2 boxes
water*	¼ cup	½ cup
peeled prawn	1 packet	2 packets
butter*	20g	40g
baby spinach leaves	1 small bag	1 medium bag
fetta cubes	1 small packet	1 medium packet
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2433kJ (582Cal)	485kJ (116Cal)
Protein (g)	30.9g	6.2g
Fat, total (g)	16.8g	3.3g
- saturated (g)	8.1g	1.6g
Carbohydrate (g)	80.9g	16.1g
- sugars (g)	14g	16.1g
Sodium (mg)	1789mg	356mg

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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Cook the pasta

- Bring a large saucepan of **salted water** to the boil.
- Cook **orecchiette** in the **boiling water** until 'al dente', **8 minutes**.
- Drain and return to pan.

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

3



Cook the sauce & prawns

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat.
- Cook **zucchini** until softened, **3-4 minutes**. Add **garlic** and **tomato** and cook until fragrant, **1-2 minutes**.
- Add **garlic & herb seasoning**, **Nan's special seasoning**, **passata**, the **water** and **peeled prawns**. Cook, stirring, until sauce is thickened and prawns are pink and starting to curl up, **3-4 minutes**.
- Add **butter**, **baby spinach leaves** and drained **orecchiette**. Stir until spinach is wilted. Season to taste.

2



Get prepped

- While pasta is cooking, roughly chop **tomato**.
- Thinly slice **zucchini** into rounds.
- Finely chop **garlic**.

4



Serve up

- Divide prawn and tomato orecchiette with zucchini between bowls.
- Top with crumbled **fetta cubes**.
- Sprinkle with **flaked almonds** to serve.

Enjoy!

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