Spicy Tomato Prawns
with Whole-wheat Spaghetti

This one's ready in no time and packs a punch!

Cals 653 • Prot 44 • Carbs 83 • Fat 14

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cook: 20 min

R2701

Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Pasta	2 ppl	3 ppl	4 ppl	
Prawns **7***	350	525	700	Grams
Water	50	75	100	ML
Whole-wheat spaghetti **9*, 10*, 11***	200	300	400	Grams
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Olive oil	2	3	4	Tbsp
Salt	0.5	0.5	1	Tsp
Chipotle powder	2	2	2	Grams
Dried oregano	2	2	4	Grams
Tomato paste	30	50	70	Grams
Red vinegar	15	22	30	ML
Tomato passata	200	400	400	Grams
Brown sugar	5	10	10	Grams
Cream cheese **4***	80	120	160	Grams
Black pepper	1	1	2	Tsp
Rocket	20	40	40	Grams
Chilli flakes	2	2	4	Grams

Allergens

***7 Crustaceans, *9 Soya, *10 Wheat, *11 Gluten, *4 Milk**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery.**

Nutritional information

	Per Serving*
Energy (kJ/kcal)	2748 / 653
Fat (g)	13.6
of which saturates (g)	7.2
Carbohydrate (g)	83
of which sugars (g)	15.4
Fiber (g)	12.7
Protein (g)	43.8
Salt (g)	1.2

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.

1 Cook pasta

Bring a large pot of salted water to the boil. Once boiling, add the **whole-wheat spaghetti** and cook for 10-12 min until 'al dente' or cooked to your liking. Reserve {50/75/100} ml of the pasta cooking water and drain.

2 Prep

Meanwhile, peel and finely chop the **red onion**. Peel and mince the **garlic**.

3 Fry prawns

Drain the **prawns** on kitchen paper. Heat a large non-stick pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **prawns** with a pinch of **salt** and cook for 2-3 min until pink and cooked through. Transfer the **prawns** to a plate. Reserve the pan.

4 Make sauce

Return the pan to a medium heat with a drizzle of **olive oil**. Once hot, add the **onion** with a pinch of **salt** and fry for 4 min or until softened. Add the **garlic**, a pinch of **chipotle (spicy!)** and the **dried oregano**. Cook for 1 min further. Add the **tomato paste**, **red vinegar**, **tomato passata**, **brown sugar** and a generous pinch of **salt** and simmer for 5 min. Add the **cream cheese** and cook for 1 min further or until fully dissolved.

Tip! If cooking for kids, reserve a portion of the sauce without the chipotle powder.

5 Toss

Add the **prawns**, drained **spaghetti** and {50/75/100} ml of the reserved **pasta water** to the pan. Season generously with **black pepper** and give everything a good mix up.

Tip! If cooking for kids, set aside a portion of the prawns and spaghetti.

6 Serve

Divide the **spaghetti** and **prawns** among bowls and garnish with the **rocket** and **chilli flakes (spicy!)**.

Tip! If cooking for kids, serve the reserved prawns, pasta, rocket and mild pasta sauce to the side.