

Simple Wholewheat Spaghetti

with Prawns and Tomatoes

hellóchef

Wholewheat spaghetti is tossed with chilli, garlic, parsley and prawns to create an Italian classic!

Cals 610 • Prot 47 • Carbs 84 • Fat 9

hellochef.com • 04-825-44-00 • hello@hellochef.com

🕒 cook: 25 min

R2989



Before you start

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

Ingredients

Prawns 7*	350	525	700	Grams
Cherry tomatoes	250	300	500	Grams
Olive oil	2	3	4	Tbsp
Whole-wheat spaghetti 5*, 9*, 10*, 11*	200	300	400	Grams
Garlic cloves	4	6	8	Piece
Fresh parsley	15	15	30	Grams
Spring onion	40	60	80	Grams
Large red chilli	1	1	2	Piece
Parmesan 4*	30	45	60	Grams
Salt	0.5	1	1	Tsp
Lemon	1	1	2	Piece
Black pepper	0.5	1	1	Tsp

Allergens

***7 Crustaceans, *5 Eggs, *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)	2568 / 610
Fat (g)	8.5
of which saturates (g)	3.4
Carbohydrate (g)	84
of which sugars (g)	10.9
Fiber (g)	13.4
Protein (g)	46.7
Salt (g)	0.8

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



1 Roast tomatoes

Preheat the oven to 180°C/160°C fan. Place the whole **cherry tomatoes** on a large baking tray. Drizzle with **olive oil**. Give the tray a good shake until the **tomatoes** are coated. Roast for 20 min.



2 Boil pasta

Meanwhile, bring a large pot of salted water to the boil. Once boiling, add the **pasta** and cook for 12-14 min until 'al dente' or cooked to your liking. Drain.



3 Prep

Meanwhile, peel and very finely chop the **garlic**. Trim and very finely chop the **parsley, spring onion and chilli**. Grate the **Parmesan**.



4 Fry prawns

Heat a large pan over a medium heat with a generous drizzle of **olive oil**. Once hot, add the **prawns, chilli (spicy!), spring onion and garlic** with a generous pinch of **salt** and cook for 2 min or until the **prawns** are cooked. Remove the pan from the heat and set aside.



5 Toss spaghetti

Add the drained **spaghetti, Parmesan, parsley** and roasted **tomatoes** to the pan and give everything a good toss. Drizzle with a squeeze of **lemon** juice and another lug of **olive oil**. Season with a generous pinch of **salt** and **pepper** and serve immediately.