



Arrabbiata Prawn & Courgette Fusilli

with Parmesan Cheese & Parsley

MEDITERRANEAN

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Courgette



Onion



Fusilli



Peeled Prawns



Garlic & Herb Seasoning



Tomato Paste



Chilli Flakes (Optional)



Baby Leaves



Grated Parmesan Cheese



Parsley



Peeled Prawns

Recipe Update

We've replaced the basil in this recipe with parsley due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins
Ready in: 30-40 mins

A seafood pasta is just the thing we need to make dinner time feel extra special. The tomato sauce is rich and aromatic, with an array of veggies and fragrant herbs. Fresh prawns are the finishing touch to this taste sensation!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Brown Sugar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
courgette	1	2
onion	½	1
fusilli	1 small packet	1 medium packet
peeled prawns	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
chilli flakes (optional)	pinch	pinch
butter*	20g	40g
brown sugar*	½ tsp	1 tsp
baby leaves	1 medium packet	1 large packet
grated Parmesan cheese	1 medium packet	1 large packet
parsley	1 packet	1 packet
peeled prawns**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2793kJ (668Cal)	626kJ (150Cal)
Protein (g)	32.3g	7.2g
Fat, total (g)	20g	4.5g
- saturated (g)	9.4g	2.1g
Carbohydrate (g)	80.6g	18.1g
- sugars (g)	11g	2.5g
Sodium (mg)	1435mg	322mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3143kJ (751Cal)	576kJ (138Cal)
Protein (g)	46g	8.4g
Fat, total (g)	20.5g	3.8g
- saturated (g)	9.5g	1.7g
Carbohydrate (g)	81.6g	14.9g
- sugars (g)	12g	2.2g
Sodium (mg)	2087mg	382mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/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

2024 | CW15



Get prepped

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil.
- Meanwhile, finely chop **garlic**. Thinly slice **courgette** into half-moons. Thinly slice **onion** (see ingredients).



Make the sauce

- Reduce heat to medium, add **garlic, garlic & herb seasoning, tomato paste** and a pinch of **chilli flakes** (if using). Cook, until fragrant, **1-2 minutes**.
- Add the **butter, brown sugar** and reserved **pasta water**, then simmer, until slightly thickened, **2-3 minutes**. Season to taste with **salt** and **pepper**.



Boil the pasta

- Cook **fusilli** in boiling water, over high heat, until 'al dente', **12 minutes**.
- Reserve **pasta water** (½ cup for 2 people / 1 cup for 4 people). Drain **fusilli**, then return to saucepan with a drizzle of **olive oil**.



Bring it all together

- Remove pan from heat, then stir in cooked **fusilli, prawns** and **baby leaves**.



Cook the prawns & veggies

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **peeled prawns**, tossing, until pink and starting to curl up, **3-4 minutes**. Transfer to a plate.
- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Add **courgette** and **onion** and cook until tender, **4-5 minutes**.

Custom Recipe: If you've doubled your prawns, cook in batches for best results.



Serve up

- Divide arrabbiata prawn and courgette fusilli between bowls.
- Sprinkle with **grated Parmesan cheese** and tear over **parsley** to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate