

GREEN
CHEF

13



Garlic Butter Chilli Prawns

With Courgetti

Lower Carb Cook time: 20-25 | Servings: 2 or 4 portions | Mild spice

Carbs

12g

Protein

31g

Fat

18g

Calories

341 Kcal

5-a-day

2 portions

Typical Values Per Serving

What you'll need before you start:

Wash your hands before and after prep. Wash fruit and veg; but not meat. Check ingredient packaging names match those stated on the recipe card.

Make sure you've got a Cutting Board, Knife, Spiralize/Peeler, Baking Tray, Frying Pan and Bowls.

Ingredients:

Ingredients	2 people	4 people
Echalion Shallot**	½	1
Garlic**	3	6
Lemon**	½	1
Flat Leaf Parsley**	1 bunch	1 bunch
Red Chilli**	1	2
Courgette** 24)	1	2
Broccoli Florets**	200 g	400 g
Unsalted Butter** 7)	30 g	60 g
Large King Prawns** 5)	250 g	500 g
Italian Style Herbs	1 sachet	2 sachets
Vegetable Stock Paste 10)	5 g	10 g
Parmigiano Reggiano DOP** 7)	20 g	40 g
*Water for the Sauce	50 ml	100 ml

*Not Included **Keep in the Fridge

Nutrition	Per serving	Per 100g
for uncooked ingredient	431g	100g
Energy (kJ/kcal)	1427 / 341	331 / 79
Fat (g)	18	4
Sat. Fat (g)	11	3
Carbohydrate (g)	12	3
Sugars (g)	10	2
Protein (g)	31	7
Salt (g)	2.18	0.51

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 7) Milk 10) Celery

May contain: 24) Celery

There may be last-minute changes to ingredients, of which we will always notify you by email.

Please remember to check your ingredient packaging for information on allergens and traces of allergens.

Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).


Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

How to Contact us

If you have any questions, our customer care team is available 7 days a week, 9:00am to 10:00pm,

on 020 4538 1121 or chat to us via our website

Grocery Delivery E-Services UK Ltd,
60 Worship St, London, EC2A 2EZ

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Now, let's get cooking!



Preheat your oven to 220C/200C fan/gas mark 7. Halve, peel and dice the **shallot**. Peel and grate the **garlic** (or use a **garlic** press). Juice **half** of the **lemon** and cut the remaining **half** into wedges. Roughly chop the **parsley** (stalks and all). Halve the **red chilli** lengthways, deseed then slice thinly.



If you have a spiralizer, spiralize the **courgette**. If you do not, use a **vegetable** peeler to peel long ribbons from all sides of the length of the **courgette**. Stop when you get to the centre or seeds. Layer these ribbons on top of each other and chop lengthways to create **spaghetti**-like pieces.



Put the **broccoli florets** onto a baking tray. Drizzle with **oil** and if you would like to, season with **salt** and **pepper**. Roast on the middle shelf of the oven until crispy, 10-12 mins.



Heat a large frying pan over a medium-high heat and add **half** of the **butter**. Once melted, add the **shallot** and **prawns**. Cook, stirring frequently, to soften the **shallot**, 4-5 mins. Add the **garlic**, **Italian herbs** and **half** of the **red chilli**. Cook for a further 2-3 mins and then remove the **prawns** from the pan. Add to a plate and cover to keep warm. **IMPORTANT:** The **prawns** are cooked when pink on the outside and opaque in the middle.



Add the **lemon juice**, remaining **butter**, **vegetable stock** and **water** (see ingredients for amount). Turn up the heat and bring to the boil, stirring to melt the **butter**. Once boiled, lower the heat and add the **courgette**. Cook, stirring, for 2 mins to warm through. Tip the **prawns** back in and add all the **parmesan** and **half** the **parsley**. Stir to melt the **cheese**. If you would like to, season with **salt** and **pepper**.



Divide the **garlic butter chilli prawns** and **courgetti** between your bowls. Sprinkle the remaining **parsley** and **red chilli** over your bowls. Serve the **broccoli** alongside. Garnish with a **lemon** wedge.

Enjoy!



To measure the heat of chillies on the Scoville scale, chilli is dissolved in water then diluted until the heat is no longer detectable.

