



Cajun King Prawn Rigatoni with Hot Honey

Cajun-spiced king prawns with al dente rigatoni, tossed in a rich, creamy Cajun sauce with garlic and aromatic spices. Finished with a drizzle of hot honey for the perfect balance of smoky heat, creamy richness and sweet, sticky goodness.

Ingredients

- Prawns
- Low Fat Cream Cheese
- Fresh Parsley
- Rigatoni
- Shallot
- Garlic clove
- Chicken stock cube
- Cajun seasoning
- Red Bell Pepper
- Hot Honey

Your Pantry

- Olive Oil

Nutritional Info

Calories: 486 kcal
Carbohydrates: 64 g
Protein: 37 g
Fat: 10 g

Allergens

Wheat (Pasta)
Crustacean (Prawns)
Celery (Stock Cube - may also contain traces of Egg, Soybeans & Mustard)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Boil the kettle

2) Prepare the vegetables & make the stock

Peel and finely chop the shallot and garlic. Chop the pepper into small pieces. Finely chop the parsley. Make the stock up to 300ml per cube and set aside 100ml per person.

3) Cook the pasta

Cook the pasta for 8-10 minutes or until just cooked through and slightly al dente. Drain and set aside. While the pasta cooks move on to the next step.

4) Saute the prawns

Place a large non-stick frying pan on a medium heat with a drizzle of oil. Once hot, add the prawns and cook for 2-3 minutes or until cooked (firm/springy and pink and opaque throughout). Remove from the pan and set aside.

5) Saute the vegetables

Once hot, add the shallots and garlic and saute for 2-3 minutes or until softening. Add the peppers and cook for a further 3 minutes.

6) Make the sauce

Add the cajun spice to the pan and stir well, cooking for a minute or so to release the flavours. Now add the chicken stock, honey, and cream cheese and stir well until fully combined. Allow the sauce to bubble for a minute.

7) Bring it all together

Add the pasta and the prawns to the pan, mixing well and bringing everything together. Stir through the parsley. Serve & enjoy!



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