






More Than Food

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2 days



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## King Prawn Linguine with Chilli and Sun Dried Tomato

If this dish were a place, it would be a sunny little fishing village somewhere on the coast of Sardinia. If it were a time, it would be an al fresco lunch on a sun-dappled terrace, with a cold bottle of rosé. For this dish we combined simple, light, fresh flavours to create a nostalgia-inducing recipe that will leave you plenty of time to get online and book your next holiday. Daydreams included as standard.



30 mins



spicy



lactose  
free



family box



healthy



Onion (2)



Garlic Clove (4)



Flat Leaf Parsley  
(4 tbsp)



Sun-Dried Tomatoes  
(3 tbsp)



Green Chilli (2 tsp)



King Prawns (250g)




Organic Chopped  
Tomatoes (2 tins)



Linguine (360g)

## Ingredients

	2P	4P
Onion, diced	-	2
Garlic Clove, diced	-	4
Flat Leaf Parsely, chopped	-	4 tbsp
Sun-Dried Tomatoes, chopped <b>1</b>	-	3 tbsp
Green Chilli, diced	-	2 tsp
King Prawns <b>2</b>	-	250g
Organic Chopped Tomatoes	-	2 tins
Linguine <b>3</b>		360g

 Our produce comes fresh from the farm so give it a little wash before using

**LH** Step for little hands

## Allergens

**1)** Sulphites | **2)** Crustaceans  
**3)** Gluten

**Nutrition per serving:** Calories: 497 kcal | Protein: 26 g | Carbs: 96 g | Fat: 1 g | Saturated Fat: 0 g



**1** Boil a large pot of water. Peel and finely dice both the onions and the garlic. Finely chop the parsley. Finely chop the sun-dried tomatoes and the chilli. Chop your prawns in half lengthways.



**2** Heat 2 tbsp of olive oil in a frying pan on medium heat. Once hot cook the onions, garlic, and sun-dried tomatoes. Sprinkle in the chilli together with a pinch of salt and pepper. Cook for 5 mins and be careful not to let the ingredients burn.



**5** Once your pasta sauce has thickened up, stir in the raw prawns and cook them for a few mins until they turn pink.



**3** Add in the tinned tomatoes, together with  $\frac{1}{2}$  tsp of sugar (if you have some). Mix in  $\frac{1}{4}$  tsp of salt and a few grinds of black pepper. Let the mixture bubble away on medium-low heat for around 10 mins, until you have a nice thick sauce.

**4** Cook your pasta in the boiling water with  $\frac{1}{2}$  tsp of salt for around 6 mins. Once the pasta is 'al dente' drain it. **Tip:** 'Al dente' means it is cooked but there is just a hint of firmness left in the middle.

**6** Next, drop your drained pasta into the pan with the tomato sauce. Sprinkle over the parsley, then toss the ingredients together to mix them. If you don't fancy redecorating the kitchen, then you can always give it a good stir instead.

**7** Serve and gobble immediately.

**Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!**