

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







family box



healthy









Garlic Clove (4)



King Prawns (250g)



Flat Leaf Parsley (4 thsp)



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 1	-	3 tbsp
Green Chilli, diced	-	2 tsp
King Prawns 2	-	250g
Organic Chopped Tomatoes	-	2 tins
Linguine 3		360g

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

LH Step for little hands

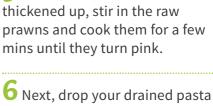
Allergens

- 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



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.

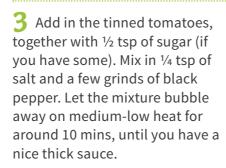


5 Once your pasta sauce has



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.

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.



Serve and gobble immediately.



4 Cook your pasta in the boiling water with ½ 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