






Cooking Made Easy

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Tiger 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. Ahhhh, food does bring out the romantic in us! 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 min



spicy



seafood
first



lactose
free



Onion



Garlic Clove



Flat Leaf Parsley



Sun-Dried Tomatoes



Green Chilli



Tiger Prawns



Organic Chopped
Tomatoes



Linguine

Ingredients

	2P	4P
Onion, diced	½	1
Garlic Clove, diced	2	4
Flat Leaf Parsely, chopped	2 tbsp	4 tbsp
Sun-Dried Tomatoes, diced	1½ tbsp	3 tbsp
Green Chilli, diced	1 tsp	2 tsp
Tiger Prawns 1	120g	250g
Organic Chopped Tomatoes	1 tin	2 tins
Linguine 2	220g	440g

🌱 May feature in another recipe

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

Allergens

1) Crustaceans | 2) 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 onion and the garlic. Finely chop the parsley. Finely dice the sun-dried tomatoes and the chilli. Chop your prawns into the size of your 'pinky' fingernail.



2 Heat 1 tbsp of olive oil in a pan on medium heat. Once hot cook the onion, 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.



3 Add in the tinned tomatoes, together with ¼ tsp of sugar (if you have some). Mix in ¼ tsp salt and a few grinds of black pepper. Let the mixture bubble away on a medium-low heat for around 10 mins until you have a nice thick sauce.



4 Cook your pasta in the boiling water with ¼ tsp of salt for around 10 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.

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

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!