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Tasteology Prawn and Crème Fraîche Rigatoni with Samphire

To celebrate the launch of the beautiful online series Tasteology, we've put together a special recipe. Tasteology is a series that explores the science behind taste and combines crazy, beautiful film-making with comments from the world's leading food experts. One of the themes in episode one is 'foraging' and nothing epitomises foraging quite like British coastal samphire! Watch the series whilst you eat tonight's dinner at www.aeg.co.uk/tasteology

 25 mins

 family box



Echalion Shallot (2)



Garlic Clove (1)



Chives
(3 tbsp)



Green Beans (1 pack)



Rigatoni
(400g)



Tiger Prawns (250g)



Crème Fraîche
(1 large pot)



Lemon (1)



Samphire
(1 pack)

4 PEOPLE INGREDIENTS

- Echalion Shallot, chopped
- Garlic Clove, grated
- Chives, chopped
- Green Beans, chopped
- Rigatoni

2
1
3 tbsp
1 pack
400g

- Tiger Prawns
- Crème Fraîche
- Lemon
- Samphire

250g
1 large pot
1
1 pack

Our fruit and veggies may need a little wash before cooking!

Did you know...
Samphire is actually a sea vegetable hence its salty nature!

Allergens: Gluten, Crustaceans, Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	674 kcal / 2844 kJ	18 g	11 g	95 g	5 g	32 g	1 g



1 Put a large pot of water on high heat and bring to the boil. Cut the **shallot** in half through the root, peel and then chop into very small cubes (¼cm or as small as you can!). Peel and grate the **garlic** (use a garlic press if you have one!). Finely chop the **chives** or snip them with scissors if you have some. Chop the ends of your **green beans**, then chop in half.



2 Heat a frying pan on medium heat and add a glug of **oil**. Add the chopped **shallots** and cook gently for 5 mins, stirring frequently until soft. When your **shallots** are soft add your **garlic** and cook for 1 minute more. Now pop the **rigatoni** into your boiling water to cook for 10 mins. After 5 mins, add the **green beans** to the **pasta** for the last 5 mins.



3 Once your **garlic** has cooked for a minute, add the **prawns** to the pan and cook for 5 mins, turning the **prawns** every minute or so to make sure they cook evenly. When the **prawns** are nice and pink, stir in the **crème fraîche**. Cook for 2 mins until the sauce is bubbling and the **prawns** are cooked through. **Tip:** *The prawns are cooked when the centres are white.*



4 When the **prawns** are cooked, season your sauce with a pinch of **salt**, a good grind of **black pepper** and squeeze in the juice of half the **lemon**. Taste your sauce and adjust with more **salt** or **lemon** juice if you feel it needs it. Keep your sauce to one side as you cook the **samphire**.

5 Rinse the **samphire** quickly under cold water. **Tip:** *This will help it steam rather than fry when you cook it.* Heat a saucepan over medium heat. Add a glug of **olive oil** to the pan and cook the **samphire** for 2 mins until hot but not fried. Finish the **samphire** with the juice from the leftover **lemon**.

6 Drain your **pasta** and **beans** into a colander and then return to the pot off the heat. **Tip:** *Reserve some of the pasta cooking water, you can use it to loosen up the sauce if it needs it later.* Season your pasta with a pinch of **salt** and some **black pepper**, then stir in the **prawns** and add the **sauce** to your **pasta** and **beans** in the pot. Mix well and if the sauce is a bit thick add a splash of your reserved pasta water to loosen it up! Finish the dish with the chopped **chives**.

7 Serve your **pasta** in bowls and make sure your **prawns** are shared out evenly! Top with your **samphire** and enjoy the fruits of the sea!

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