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## Tiger Prawn Spaghetti with Chilli and Sun-Dried Tomatoes

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 recipe we combined simple, light, fresh flavours to create a nostalgia-inducing meal that will leave you plenty of time to get online and book your next holiday. Daydreams included as standard.



30 mins



eat within 2 days



spicy



family box



3.5 of your 5 a day



Onion (1)



Garlic Clove (4)



Flat Leaf Parsley (1 bunch)



Sun-Dried Tomatoes (50g)



Green Chilli (1)



Tiger Prawns (250g)



Chopped Tomatoes (2 tins)




Spaghetti (360g)

#### 4 PEOPLE INGREDIENTS

- Onion, chopped
- Garlic Clove, chopped
- Flat Leaf Parsley, chopped
- Sun-Dried Tomatoes, chopped
- Green Chilli, chopped

1  
4  
1 bunch  
50g  
1

- Tiger Prawns 250g
- Organic Chopped Tomatoes 2 tins
- Spaghetti 360g

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

#### Did you know...

Green chillies are low in calories, virtually fat-free and packed with vitamins. "If you're feeling hot, hot, hot..."

**Allergens:** Crustaceans, Gluten.

#### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	614 kcal / 2603 kJ	4 g	1 g	108 g	17 g	34 g	2 g
Per 100g	101 kcal / 427 kJ	1 g	0 g	18 g	3 g	6 g	0 g

1



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

2



**2** Heat a good glug of **oil** in a frying pan on medium heat. Once hot cook your **onion, garlic** and **sun-dried tomatoes**. Sprinkle in as much **chilli** as you dare together with a pinch of **salt** and **black pepper**. Cook for 5 mins and be careful not to let your **veggies** burn.

3



**3** Add the **chopped tomatoes** and let the mixture bubble away on medium-low heat for around 10 mins until you have a nice thick sauce. **Tip:** 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle.

4



**4** Cook the **spaghetti** in the boiling water with a pinch of **salt** for around 11 mins. Once your **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 **sauce** has thickened, stir in the **tiger prawns** and cook them for a few mins until they turn pink.

**6** Next, drop your **pasta** into the pan with your **sauce**. Sprinkle over your **parsley**, then toss the ingredients together to mix them. **Tip:** 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!