

CHILLI, PRAWN & BLISTERED TOMATO PASTA

SERVES 2

PREP 10 MIN | COOK 20 MINS

Ingredients

- 300g prawns, peeled with tails attached.
- 1 birds eye chilli chopped finely
- 2 cloves garlic
- 1.5 Tbs olive oil
- 3 Tbs fresh parsley, finely chopped (plus more for serving)
- 1 – 2 pieces of day old bread, processed into crumbs you need 1/4 cup fresh bread crumbs.
- 150g dried pasta (linguini, fettuccini, spaghetti all work)
- 1/3 cup white wine
- 300g fresh tomatoes (chopped in half or quarters depending on size)
- Lemon, zested then cut into 4 wedges.

Method

1. Place a large pot of salted boiling water on the heat. bring to a boil. Cook pasta according to directions. When draining reserve 1/2 cup of the cooking liquid.
2. Place prawns, 1/2 clove of crushed garlic, 1 Tbs parsley, the chilli, 1/2 the lemon zest and a squeeze of 1/4 of the lemon into a bowl to marinate briefly.
3. Add the 1 Tbs of olive oil to a pan on medium heat. Toss through the breadcrumbs, garlic and 1 Tbs parsley. Fry breadcrumbs until just golden and crunchy, season with salt and pepper. Remove from the pan and drain on paper towel.
4. On a medium to high heat add the remaining olive oil and the prawns. Cook for a couple of minutes each side until starting to colour and just cooked through. Remove from the pan and put aside. Deglaze your pan with the white wine, boiling on a high heat for a couple of minutes to evaporate alcohol then add the remaining half clove of garlic along with the tomatoes. Cook tomatoes until blistering and just collapsing.
5. Add prawns and pasta to the pan along with 1 Tbs of parsley and the reserved cooking water if needed. Stir to combine all ingredients and coat the pasta in the sauce.
6. To serve place prawns and pasta in bowls drizzle a little olive oil over the top and top with the remaining lemon zest, extra parsley and bread crumbs.



Recipe Credit: thehealthyhunterblog.com

