



Recipe
suggestions

Special prawn pasta (serves 2)

Ingredients

- > 8 raw giant tiger prawns
- > 200g linguine or spaghetti
- > 25g butter
- > 1 garlic clove, crushed
- > 100ml white wine
- > squeeze lemon juice
- > small handful flat leaf parsley, roughly chopped

Method

- > Cook the pasta in a large pan of boiling, salted water according to pack instructions.
- > Heat a small knob of the butter in a frying pan. When it starts to sizzle, add the prawns and fry for 1 minute until they start to change colour.
- > Add the garlic and sizzle for 1 minute more, splash in the wine, then bring to the boil. Swirl in the rest of the butter, season with salt and pepper and a squeeze of lemon juice, then stir in the chopped parsley.
- > When the pasta is just cooked, drain and toss through the prawns. Divide the pasta between 2 bowls, pour over any excess sauce and serve immediately.

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