



Everything But The Chef

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## Lemon, Chilli & Prawn Linguine

This linguine dish is definitely the go-to for a busy weeknight. Simple, fresh, and prepared in a flash, this pasta will put a spring in your step. The zucchini and pasta soak up all the amazing flavour from lemon, chilli and fresh prawns in this recipe, so look out for the flavour hit!

- Prep:** 10 mins
- Cook:** 25 mins
- Total:** 35 mins
- level 1**
- nut free**
- high protein**
- seafood first**
- spicy**

**Pantry Items:** Olive Oil



Green Prawns



Garlic



Linguine Pasta



Birdseye Chilli



Lemon







Zucchini




Parsley



Fetta

2P	4P	Ingredients
200 g	400 g	green prawns, rinsed
1 clove	2 cloves	garlic, peeled & crushed 
1 tbs	2 tbs	olive oil *
½ packet	1 packet	linguine pasta
1	2	birdseye chilli, deseeded & finely chopped
1	2	zucchini, grated & excess moisture removed 
½	1	lemon, zested & juiced 
1 bunch	2 bunches	parsley, finely chopped
¼ block	½ block	fetta, crumbled 

 May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	2810	Kj
Protein	40.8	g
Fat, total	15.3	g
-saturated	5.2	g
Carbohydrate	87.8	g
-sugars	2.3	g
Sodium	632	mg

#### Measuretool

0 cm	1 cm	2 cm



**You will need:** *chef's knife, chopping board, grater, zester, kettle, medium bowl, plastic wrap, slotted spoon, large saucepan, and a large frying pan.*

**1** Combine the **prawns**, **garlic** and half of the **olive oil** in a medium bowl. Cover with plastic wrap and set aside for **10 minutes** to marinate.



**2** In a large saucepan, bring some salted water to the boil. Add the **linguine** to the boiling water and cook according to the packet directions or until 'al dente', stirring regularly to ensure the pasta does not stick.



**3** Meanwhile, heat a large frying pan over a medium-high heat. Add the prawn mixture and cooking, stirring, for **1-2 minutes** or until the prawns change colour. Add the **chilli** and **zucchini** and cook for **1 minute** or until soft. Add the linguine to the pan, stir through the **lemon zest** and **parsley** and then remove from the heat. Drizzle with the **lemon juice** and the remaining oil. Fold through the **fetta**. Season to taste with **salt** and **pepper**.

**Tip:** For an extra kick, add in some of the chilli seeds.



**4** Divide the pasta between bowls to serve.

**Did you know?** Have you heard of the alliumphobia before? It is, bizarrely, a fear of garlic!