

Prawn Spaghetti with Chilli, Garlic & Parsley Sauce

This flavoursome 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. Silky spaghetti soaks up all the amazing flavour from garlic, chilli and fresh prawns in this recipe, so look out for the flavour hit!



Prep: 15 mins Cook: 20 mins Total: 35 mins







spicy



Pantry Items



White Wine



Prawns



Red Onion



Garlic



Long Red Chilli



Parsley



Diced Tomatoes



Spaghetti

2P	4P	Ingredients	
2 tsp	1 tbs	olive oil *	
180 g	360 g	prawns, rinsed	
1/2	1	red onion, finely chopped	#
1 clove	2 cloves	garlic, peeled & finely chopped	#
1/2	1	long red chilli, finely chopped	#
½ bunch	1 bunch	parsley, stalks & leaves finely chopped separately	1
1 tin	2 tins	diced tomatoes	
2 tbs	4 tbs	white wine (optional) *	
200 g	400 g	spaghetti	

#	Ingredient features
	in another recipe

Pantry Items

Pre-preparation

Nutrition per serve

Energy 2270 Kj Protein 34.8 g Fat, total 5.9 g -saturated 0.9 g Carbohydrate 81.6 g -sugars 8.4 g Sodium 343 mg			
Fat, total 5.9 g -saturated 0.9 g Carbohydrate 81.6 g -sugars 8.4 g	Energy	2270	Kj
-saturated 0.9 g Carbohydrate 81.6 g -sugars 8.4 g	Protein	34.8	g
Carbohydrate 81.6 g -sugars 8.4 g	Fat, total	5.9	g
-sugars 8.4 g	-saturated	0.9	g
6 11	Carbohydrate	81.6	g
Sodium 343 mg	-sugars	8.4	g
	Sodium	343	mg



You will need: chef's knife, chopping board, kettle, medium frying pan, large saucepan and a colander.

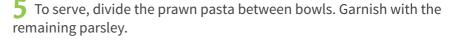
- $oldsymbol{1}$ Fill a kettle with water and bring to the boil.
- 2 Heat half of the **olive oil** in a medium frying pan over a medium heat. Add the **prawns** and cook, turning, for **1-2 minutes** or until they just change colour. Remove from the pan and set aside.



Heat the remaining olive oil in the same frying pan over a mediumhigh heat. Add the red onion and cook, stirring, for 3 minutes or until soft. Add the garlic, long red chilli and parsley stalks and cook for 1 minute or until fragrant. Add the diced tomatoes and the white wine (if using) and bring to the boil. Reduce the heat to medium-low and simmer the sauce for 10 minutes or until it begins to reduce slightly. Add the prawns back to the pan, cook for 2 minutes in the sauce and then remove from the heat. Stir through most of the parsley leaves (reserving a little for garnish).



4 Meanwhile, pour the boiling water into a large saucepan with a pinch of salt. Add the spaghetti and cook for 6 minutes or until the pasta is cooked 'al dente'. Drain. Add the spaghetti to the frying pan with the prawn sauce and toss to coat well.





Did you know? There are approximately 350 different types of pasta!