

Prawn, Zucchini & Chilli Spaghetti with Fresh Parsley

This spaghetti dish is one of our favourite go tos. Simple, fresh, and prepared in a flash, this fresh pasta will put a spring in your step. Both 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: 15 mins Cook: 20 mins Total: 35 mins



level 1



lactose



seafood first

Pantry Items







White Wine







Red Onion





Long Red Chilli



Parsley





Spaghetti

| 2P | 4P | Ingredients | |
|-----------|------------|--|---|
| 1 tbs | 2 tbs | olive oil * | |
| 1 portion | 2 portions | prawns, rinsed | |
| 1/2 | 1 | red onion, finely chopped | # |
| 2 cloves | 3 cloves | garlic, peeled & finely chopped | # |
| 1 | 2 | long red chilli, finely chopped | |
| ½ bunch | 1 bunch | parsley, stalks & leaves finely chopped separately | # |
| 1 | 2 | zucchini, grated | |
| 1 tin | 2 tins | diced tomatoes | |
| ½ cup | ½ cup | water * | |
| 2 tbs | 3 tbs | white wine (optional) * | |
| 200 g | 400 g | spaghetti | |

Ingredient features in another recipe

* Pantry Items

Pre-preparation

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|-----|---|-----|-----|---|----|----|----|----|
| | | | | | | | | |

| Energy | 2620 | Kj |
|--------------|------|----|
| Protein | 43.5 | g |
| Fat, total | 9.9 | g |
| -saturated | 1.4 | g |
| Carbohydrate | 83.6 | g |
| -sugars | 10.3 | g |
| Sodium | 467 | mg |
| | | |

Disclaimer: Using more spaghetti than stated will alter the flavour.



You will need: chef's knife, chopping board, box grater, kettle, medium frying pan, tongs, wooden spoon, large saucepan and colander.

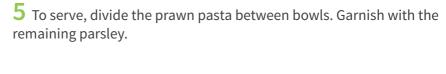
- $oldsymbol{1}$ Fill a kettle with water and bring to the boil.
- 2 Heat half of the **olive oil** in a medium frying pan over a medium heat. Add the **prawns** and cook, turning, for **1-2 minutes** or until they just change colour. Remove from the pan and set aside.



3 Heat the remaining olive oil in the same frying pan over a medium-high 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 zucchini, diced tomatoes, water 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. Return 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!