



Prawn linguine

Ingredients: (Serves 4)

2 tablespoons olive oil
500g prawns, peeled with tails intact (reserve heads & shells)
300g linguine
4 garlic cloves, thinly sliced
1 long red chilli, thinly sliced
4 plump anchovies, roughly chopped
½ bunch of basil, leaves picked and stems finely chopped
½ cup dry white wine
1 punnet cherry tomatoes, halved
2 cups rocket
1 lemon, cut into wedges

Method:

1. Heat oil in a large frying pan over medium heat. Cook prawn heads and shells for 8-10 minutes or until deep orange in colour. Remove heads and shells and discard, leaving prawn oil in the pan.
2. Meanwhile, bring a large saucepan of water to the boil. Cook linguine for 8-10 minutes or until al dente. Reserve one cup of the cooking water.
3. Return prawn oil pan to medium-high heat. Cook garlic, chilli, anchovies and basil stems for 1-2 minutes or until fragrant. Add wine and tomatoes and cook for 3-4 minutes or until wine has reduced by half and tomatoes have broken down. Add prawns and cook for a further 2-3 minutes or until prawns are just cooked through.
4. Toss rocket and linguine through the sauce in the pan until well coated. Add just enough reserved pasta water to make the perfect sauce consistency.
5. Serve pasta garnished with basil leaves and with a squeeze of lemon juice.

Nutrition Information: (Per serve)

Energy:	2146kJ (512cal)	Protein:	37.9g	Total Fat:	11.6g
Saturated Fat:	1.8g	Carbohydrate:	53.9g	Sugars:	2.2g
Fibre:	5.9g	Sodium:	687mg		