

Italian prawns and pasta (Serves 2)

- 1 clove of garlic
- 1 red or green chilli
- ½ lemon
- 1 large handful cherry tomatoes
- sea salt and freshly ground black pepper
- 150g dried spaghetti
- olive oil
- 150g prawns
- 1 heaped tablespoons tomato purée
- 50g baby spinach
- 25g wild rocket



To prepare, cook and serve your spaghetti

Peel and finely chop the garlic • Wash, de-seed and finely chop chilli • Finely grate the zest of the lemon and put aside

Halve the cherry tomatoes and put aside • Put a large pan of salted water on to boil • Once boiling, add the spaghetti and simmering for 10 minutes until al dente

When your pasta has about 5 minutes to go, add a couple of lugs of olive oil to a frying pan on a medium heat • Add the chopped garlic and chilli • As soon as the garlic starts to turn golden, add the tomatoes and stir for a few minutes, then add the prawns and stir for another minute • Scoop out a small cupful of the pasta water and add it to the prawns with the tomato purée

Stir and simmer for a couple of minutes • When the pasta is ready, scoop out another cupful of the cooking water then drain the pasta in a colander

Tip the spaghetti into the pan of sauce, squeeze in the juice of the lemon then add the spinach and toss well

If the sauce is a bit thick, add a splash of the reserved cooking water to loosen it

Have a taste and season with salt and pepper then divide between your plates

Sprinkle over the lemon zest and rocket before serving

Photo