

PASTA WITH PRAWNS, ROCKET & BASIL

Serves 2 – main portions

Ingredients:

200gr dried spaghetti, linguini or a pasta of your choice
2 cloves garlic
extra virgin olive oil
1 – 2 dried red chillies (or ½tsp chilli flakes)
8 – 12 peeled large raw prawns
1 small glass of white or rose wine
Hand full of cherry tomatoes
1 tbsp tomato puree
1 lemon (juice and zest)
2 handfuls of rocket leaves
8 large basil leaves
*Grating of Parmesan – optional

Method:

Cook your pasta in a large pan of well salted boiling water according to the packet instructions (10 to 12 mins)

Meanwhile, peel and finely chop or grate the garlic. Heat 3 good glugs of extra virgin olive oil in a large frying pan, toss in the garlic and crumble in the chilli. As the garlic begins to colour, add the prawns and sauté them for a minute. Add the wine, tomatoes and tomato purée, stir well and simmer for a couple of minutes.

Grate the zest of the lemon, squeeze the juice into a small bowl, roughly tear the basil and rocket and set aside. When the pasta is ready, drain it in a colander, reserving a little of the cooking water.

Toss the pasta in the sauce, add the lemon juice, half the torn rocket and all the basil with a little of the reserved cooking water to loosen the sauce a bit. Taste and season with sea salt and black pepper.

Divide between 2 plates and sprinkle with the grated lemon zest and the rest of the rocket leaves.

A final drizzle of olive oil and a sprinkle of Malden salt to serve.

*In traditional Italian cuisine, Parmesan cheese is not typically used with seafood dishes. Italians believe that the delicate flavours of seafood are best complemented by simple preparations like oil and lemon, and adding Parmesan can overpower those flavours. However, the choice is yours.