

Prawn Linguini

This recipe is an adaption of Jamie Oliver's' – adapt it further to suit your taste
Serves 2

- 250g dried linguini
- sea salt and freshly ground black pepper
- 1 garlic clove – peeled and sliced
- 1 fresh red chilli – deseeded and finely chopped
- 1 tbs Passata
- 50fl oz white wine
- 1 tsp fennel seeds – crushed
- Rocket garnish
- Lemon garnish
- olive oil
- 200g raw peeled king prawns- butterflied (cut through the back to open out)
- 150g cherry tomatoes – de skinned and halved - see tip below
- 2 tbs extra virgin olive oil



Directions

1. Cook your linguini in boiling salted water according to packet instructions. Stir occasionally to make sure none of the pasta is sticking together. Meanwhile...
2. Place the frying pan on a medium heat and add fennel – gently cook out for 3 minutes. Add olive oil, garlic and chilli and prawns. Sautee until lightly golden. Remove from the pan and set aside.
3. Add the white wine to the pan with the tomatoes and passata –Turn up the heat and stir continuously until the liquid is reduced by 2/3.
4. After about 3 to 5 minutes when the prawns are pink and cooked through, turn the heat off and drizzle over a splash of extra virgin olive oil.
5. When your linguini is cooked, scoop out a cupful of water to keep, then drain in a colander.
6. Add the pasta to the frying pan. Toss everything together, and if the sauce is a bit thick, add a little of your reserved cooking water to thin it out slightly.
7. Have a taste then season with a good pinch of salt and pepper. Cover with a lid or tin foil to keep warm.
8. Get your warmed plates out of the oven then use tongs to divide the linguini between them. Scatter your basil leaves over the top. Finish with a drizzle of extra virgin olive oil, rocket and lemon.



Tip: To remove skins from tomatoes, immerse in boiling water from the kettle for 5 minutes – the skins will simply fall off.