

Chilli & Cinnamon Prawn Pasta

Units	Protein	Carbs	Fat
7	2	4	1

SERVES 2

INGREDIENTS

160 grams Pasta, dried, all shapes
1 Chillis
1 pinch Cinnamon, ground
1 pinch Saffron
380 grams Prawns
3 Garlic
2 Tomatoes, tinned
1 Lemons, whole/fresh
30 grams Parmesan
4 Sprigs Basil, fresh
4 Bulbs Fennel
1/2 Cucumbers
2 tablespoons Mint, fresh

METHOD

1. Bring a pot of salted water to the boil and cook the pasta as per package instructions
2. Slice the fennel as thin as you can, and ribbon the cucumber.
3. Roughly chop the mint and toss it with the greens
4. Zest 1/2 a lemon and toss everything together with a tiny drizzle of oil, salt and pepper.
5. Finely chop the chilli and put it into a pan with the cinnamon, saffron and prawns.
6. Turn up the heat and squash in the garlic.
7. Add the tinned tomato and bring the sauce to a boil.
8. Squeeze some lemon into the pan, then use a spoon to drop the pasta straight into the sauce
9. Grate in the Parmesan, toss to coat and season to perfection.
10. Pick over the basil leaves and serve with the green salad. Enjoy!

