







More Than Food
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2 days



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Tiger Prawn Spaghetti with Chilli and Sun Dried Tomato

If this dish were a place, it would be a sunny little fishing village somewhere on the coast of Sardinia. If it were a time, it would be an al fresco lunch, on a sun-dappled terrace, with a cold bottle of rosé. For this recipe we combined simple, light, fresh flavours to create a nostalgia-inducing meal that will leave you plenty of time to get online and book your next holiday. Daydreams included as standard.



30 mins



healthy



spicy



family box



lactose
free



Onion (1)



Garlic Clove (4)



Flat Leaf Parsley
(4 tbsp)



Sun-Dried Tomatoes
(4 tbsp)



Green Chilli (2 tsp)



Tiger Prawns
(250g)



Organic Chopped
Tomatoes (2 tins)



Spaghetti
(360g)

Ingredients

	4 PEOPLE	ALLERGENS
Onion, diced	1	
Garlic Clove, chopped	4	
Flat Leaf Parsley, chopped	4 tbsp	
Sun-Dried Tomatoes, chopped	4 tbsp	
Green Chilli, chopped	2 tsp	
Tiger Prawns	250g	Crustaceans
Organic Chopped Tomatoes	2 tins	
Spaghetti	360g	Gluten

🧼 Our fruit and veggies may need a little wash before cooking!

LH Step for little hands

Did you know...

Green chillies are low in calories, virtually fat-free and packed with vitamins. "If you're feeling hot, hot, hot..."

Nutrition per serving: Calories: 467 kcal | Protein: 27 g | Carbs: 82 g | Fat: 2 g | Saturated Fat: 1 g



1 Boil a large pot of water. Peel and finely chop both the **onion** and the **garlic**. Finely chop the **parsley**. Finely chop the **sun-dried tomatoes** and the **chilli**. Slice the **tiger prawns** in half lengthways.



2 Heat 3 tbsp of **olive oil** in a frying pan on medium heat. Once hot cook the **onion**, **garlic** and **sun-dried tomatoes**. Sprinkle in as much **chilli** as you dare together with a pinch of **salt** and **black pepper**. Cook for 5 mins and be careful not to let the ingredients burn.



3 Add in the **chopped tomatoes**, ½ tsp of **salt** and a few grinds of **black pepper**. Let the mixture bubble away on medium-low heat for around 10 mins until you have a nice thick sauce.

4 Cook the **spaghetti** in the boiling water with ½ tsp of **salt** for around 11 mins. Once the **spaghetti** is 'al dente', drain it. **Tip:** 'Al dente' means it is cooked but there is just a hint of firmness left in the middle.

5 Once your sauce has thickened up, stir in the **tiger prawns** and cook them for a few mins until they turn pink.

6 Next, drop your drained **spaghetti** into the pan with the sauce.

LH: Sprinkle over the **parsley**, then toss the ingredients together to mix them.

Tip: If you don't fancy redecorating the kitchen, then you can always give it a good stir instead.



7 Serve and gobble immediately.