

Prawn, chilli & tomato spaghetti with lemon



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Ingredients:

400g dried spaghetti
2 lemons, finely grate rind and juice
1/4 cup olive oil
2 small red chillies, deseeded and finely chopped
1/4 cup roughly chopped dill
250g cherry tomatoes, quartered
600g cooked medium prawns, peeled and deveined
salt and ground black pepper

Method:

1. Cook spaghetti in a large saucepan of boiling water, according to packet directions until al dente.
2. Meanwhile, place lemon rind and juice, oil, chillies and dill in a medium bowl. Whisk until well combined.
3. Drain spaghetti, reserving 1/4 cup cooking liquid. Return spaghetti to pan and add reserved cooking liquid, lemon mixture, tomatoes and prawns. Toss gently over low heat until well combined. Serve immediately.

Serves: 4

Preparation: 25 minutes

Cooking: 15 minutes

Health benefits:

Chillies

Bursting with vitamin C and beta-carotene, chillies also contain some fibre and niacin.

Chillies contain capsaicin, which is a compound that gives them their characteristic hot flavour.

This unique compound can help boost your body's metabolism.

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