

# Tomato, chilli & prawn spaghetti

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Preparation 25 mins | Cooking 15 mins | Serves 4

300g dried spaghetti  
100ml extra virgin olive oil  
2 small red bird's eye chillies, deseeded and finely chopped  
2 garlic cloves, finely chopped  
1 lemon, rind finely grated and juiced  
½ cup flat-leaf parsley, chopped  
250g mini roma tomatoes, chopped  
500g cooked fresh medium king prawns, peeled and deveined

**STEP 1** Cook spaghetti in a large saucepan of boiling water, following packet directions, until al dente. Drain pasta and return to pan.

**STEP 2** Quickly, heat oil in a frying pan over medium heat. Add chillies, garlic and lemon rind and cook for 1 minute. Drizzle the mixture over pasta in pan. Add lemon juice, parsley, tomatoes and prawns. Season with salt and pepper to taste. Toss over low heat until hot and serve.

## Good for you... **TOMATOES**

*Tomatoes are the richest food source of lycopene, a member of the carotenoid family which is important for the health of the prostate gland. The redder the tomato, the higher its lycopene content.*

