



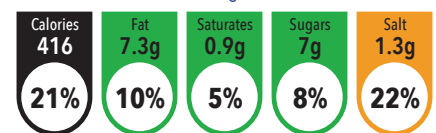
CHILLI PRAWN SPAGHETTI

 **Prep: 10 minutes**

 **Cook: 12 minutes**

 **Serves: 2**

Each serving contains



of your guideline daily amount

Ingredients:

- 150g wholewheat spaghetti
- 150g cherry tomatoes, halved
- ½ tsp oil
- ¼ tsp **LoSalt**
- ½ red chilli, deseeded and finely chopped
- 165g pack raw king prawns
- 1 clove garlic, crushed
- ½ x 25g pack parsley, chopped
- 4 spring onions, thinly sliced

COOKS TIP:

Try using other shaped pasta instead of spaghetti and add the chilli seeds for extra heat.

Method:

1. Cook the spaghetti in boiling water for 10-12 minutes or until tender, drain, reserving a cupful of the water.
2. Meanwhile, heat the oil in a frying pan and add the chilli, garlic, spring onions, tomatoes and **LoSalt**, cover and cook gently for 5 minutes until softened. Stir in the prawns and cook for a further 2-3 minutes until pink and cooked throughout.
3. Add a splash of the pasta water to create a sauce and stir in the parsley. Toss in the spaghetti to serve.