

Jason Pettit – Capital Radio Recipe



Chili Prawn Linguine – a light, delicious and easy meal that you can cook in under 15 minutes!

Ingredients – serves 4 people

½ pkt	linguine pasta (300gm approx.)
	large pan of boiling water
1 Tbsp	salt
500 gm	large prawns (peeled, de-veined)
3 Tbsp	olive oil
50 gm	butter
4 lrg	garlic cloves (grated finely)
2 ea	lemons (both juiced, 1 zested)
1 pkt	cherry tomatoes (washed, drained and cut in half)
50 gm	fresh parsley (coarsely chopped)
¼ tsp	dried chili flakes
	salt & black pepper to taste

Method

Bring the pan of water to a rolling boil then add the salt. Add the linguine and stir a few times until softened and fully submerged. Lower the heat slightly to a gentle boil and continue to cook until 'al dente' – with a bite (refer to packet instructions for advised timings). Stir occasionally whilst cooking.

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Whilst the linguine is cooking, pre-heat a frying pan/ skillet on a medium heat then add the oil and butter.

Add the garlic and sauté or stir until soft and fragrant and the colour has changed to almost clear.

Add the prawns and chili flakes – toss together to coat and then leave until each prawn has coloured pink on one side (approx. 2 -3 minutes). Turn them over and cook until both sides are pink.

Once linguine is cooked, drain but reserve ½ cup of the cooking water.

Add the linguine and cherry tomato halves to the pan/ skillet and toss together.

Add the lemon juice and zest and chopped parsley.

Season to taste with salt & black pepper.

Divide equally between 4 warmed serving bowls and pour any sauce over.

Notes from the chef:

Pasta needs lots of room to move around in to ensure it cooks correctly and does not stick together /clump so use the largest pan you have and plenty of water.

Use fresh prawns as the meat will be firmer and have more flavour.

If you do use frozen prawns, then defrost them naturally in the bottom of the fridge for 24 hours. Drain the liquid off BUT do not wash them. Dry them on paper towels.

Any pasta can be used instead of linguine. Fresh pasta will add even more richness and flavour.

Prawns can be substituted for other shellfish in season such as clams or mussels – when you add the shellfish to the pan, add a stock and cover the pan to create steam.

Tbsp - tablespoon

Tsp - teaspoon