

# Spaghetti GAMBERONI

## RECIPE



### INGREDIENTS (Serves 4)

- 400g Large prawns from a sustainable source
- 500gr Good quality dried spaghetti
- 8 tbsp Extra virgin olive oil (in half)
- 3 Garlic cloves (finely chopped)
- 1 Red chilli (finely chopped)
- 200gr Cherry tomatoes (halved)
- 2 Small glasses of white wine
- 2 tbsp Sun-dried tomato paste or blitzed sun-dried tomatoes in oil
- 2 tbsp Flat leaf parsley (finely sliced)
- 1 Lemon (cut in half)
- Seasoning to taste

## HOW TO PREPARE

- 1** Start by peeling and deveining the prawns (we like leaving the tails on as it looks better in the final dish).  
  
In a large saucepan on a medium heat, fry prawn heads & shells in half of the olive oil. When pink, add 1 glass of white wine. After a few minutes when the alcohol has been evaporated, add equal amount of water and gently simmer for approximately 10 minutes. Crush heads & shells while cooking to release as much flavour as possible and season to taste. Strain through a muslin or very fine sieve and retain the stock.
- 2**
- 3** Cook the spaghetti in a large pan of salted boiling water according to the instructions.
- 4** Heat the rest of the olive oil in a large heavy bottomed frying pan and fry the garlic and chilli until they begin to have a slightly colour, add your prawns and fry for no more than 30 seconds on each side. Add the cherry tomatoes, prawn stock, white wine, sun-dried tomato paste and simmer for a couple of minutes.
- 5** When the pasta is ready, drain in a colander and reserve some of the pasta water.
- 6** Add the parsley to the sauce and toss the spaghetti through. Add about 6 tbsp of the pasta water, zest and juice of half the lemon and season to taste.
- 7** Divide between 4 plates, slice the other half of the lemon in 4 wedges and serve next to the pasta

*Enjoy!*