





Cooking Made Easy

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Orecchiette with Prawns and Courgette

Ever heard of Orecchiette? People thought this sweet little pasta resembled little ears and that's where its name comes from! How cute! This summer dish combines the crisp flavours of lemon, mint and rocket with fresh prawns and a dash of chilli. And well, you know us, nothing makes us happier than some truly seasonal veggies - so we added some courgettes too!



25 min



seafood first



lactose free



healthy



spicy



Courgette



Garlic Clove



Red Chilli



Mint



Orecchiette



Prawns



Lilliput Capers



Lemon



Rocket

Ingredients

	2P	4P
Courgette, sliced	1 cup	2 cups
Garlic Clove, diced	2	4
Red Chilli, chopped	1 tsp	2 tsp
Mint, chopped	2 tbsp	4 tbsp
Orecchiette 1	220g	440g
Prawns 2	½ cup	1 cup
Lilliput Capers	1 tbsp	2 tbsp
Lemon	½	1
Rocket	1 bag	2 bags

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Gluten | 2) Crustaceans

Nutrition per serving: Calories: 502 kcal | Protein: 26 g | Carbs: 98 g | Fat: 0.7 g | Saturated Fat: 0.2 g



1 Boil a large pot of water with ¼ tsp of salt for your pasta.

2 Thinly slice your courgette widthways. **Tip:** *If you have a cheese scraper or vegetable peeler, just slice the top off your courgette and scrape as if it's a block of cheese until you reach the end.* Peel and finely dice the garlic. Finely chop as much chilli as you dare. Finally, chop the mint.



3 Add the pasta to the boiling water and cook for 12 mins, or until 'al dente'. **Tip:** *'Al dente' means there is just a hint of firmness left in the middle.*



4 Heat a frying pan with ½ tbsp of olive oil on high heat. Once hot, add the prawns and cook for 3 mins, or until cooked through. **Tip:** *The prawns are ready when they turn pink.* Remove them from the pan and keep to the side for later.



5 In the same (now empty) frying pan, add ½ tbsp of olive oil. Add the garlic, capers and chilli and cook for 2 mins. Now add the courgette, stir together and cook for 5 mins.

6 Once your pasta is ready, drain it but keep ¼ cup of pasta water to the side for your sauce.

7 Add the prawns to the courgettes, together with the pasta, reserved pasta water, 2 tbsp of lemon juice, three quarters of the chopped mint and a pinch of salt and pepper. Stir everything together.

8 Serve the pasta on top of the rocket. Scatter over the remaining mint and devour!