

Spaghetti with prawns and rocket

Ingredients

- 455 g dried spaghetti
- sea salt
- freshly ground black pepper
- extra virgin olive oil
- 2 cloves garlic , peeled and finely chopped
- 1-2 dried red chillies , crumbled
- 400 g peeled raw prawns , from sustainable sources, ask your fishmonger
- 1 small wineglass white wine
- 2 heaped tablespoons sun-dried tomato puree , or 6 sun-dried tomatoes blitzed in a blender
- 1 lemon , juice and zest of
- 2 handfuls rocket , roughly chopped



Method

Cook your spaghetti in a large pan of salted boiling water according to the packet instructions. Meanwhile, heat 3 good lugs of extra virgin olive oil in a large frying pan and toss in the garlic and chilli. As the garlic begins to colour, add the prawns and sauté them for a minute. Add the white wine and the tomato purée and simmer for a couple of minutes. When the pasta is ready, drain it in a colander, reserving a little of the cooking water. Toss the spaghetti with the sauce, squeeze in the lemon juice, add half the chopped rocket, adding a little of the reserved cooking water if you want to loosen the sauce a bit, and correct the seasoning. Divide between 4 plates and sprinkle with the grated lemon zest and the rest of the rocket leaves.