

HEINZ

RECIPE

Prawn and Courgette Linguine

Salad Cream with lemon & black pepper



Serves:

4



Preparation Time:

10 minutes



Cook Time:

10 minutes

Ingredients:

- 400g dried linguine pasta
- 1 tbsp extra virgin olive
- 1 medium red onion, finely chopped
- ½ -1 deseeded red chilli, finely chopped
- 2 large garlic cloves, finely chopped
- 1 medium courgette, grated
- 150ml dry white wine
- 4 tbsp **Heinz Salad Cream Lemon & Black Pepper**
- 150ml half fat crème fraiche
- 150g baby leaf spinach
- 250g cooked and peeled prawns

Method:

Cook the pasta according to pack instructions.

Meanwhile add the oil to a deep non stick frying pan and fry the onion for 2 minutes.

Stir in the chilli, garlic and courgette and cook for a further 2 minutes, stirring occasionally.

Add in the wine and simmer until reduced by half.

Stir in Heinz Salad Cream Lemon & Black Pepper with the crème fraiche, baby leaf spinach and the prawns. Cook until the prawns have warmed through and the spinach is wilted.

Add the drained linguine to the pan, mix well and season.

Serve immediately with lemon wedges and garlic bread.

Tip: Tiger prawns work just as well in this dish.