

Recipe of the Week 23

Rocket and Prawn Spaghetti

The Rocket and Prawn Spaghetti dish is quick, easy and cheap (£3.20 pre serving from Waitrose!!). The dish is high in energy, carbohydrates and protein making it ideal for heavy periods of training for recovery and optimal energy levels. Furthermore, it is high in Omega 3, which is an essential fatty acid for immunity, cognitive function and anti-inflammatory effects.

Tip: Try the dish with chunks of Salmon steak as an alternative.



Ingredients

2tsp extra-virgin olive oil
200g raw, peeled Kalimantan King Prawns (available from most fish counters)
1 clove garlic, chopped
¼ tsp chilli flakes
2tsp lemon juice
½ x 50g pack of wild rocket
150g value pack of spaghetti
Black pepper

Serves: 1 - 3

Preparation time: 5 -minutes

Cooking time: 15-minutes

Each serving contains

Energy (kcal) – 510kcal
Carbohydrates –60g
Protein – 21g
Fat – 21g (6g saturated)

Method

1. Cook the spaghetti in a large pan of boiling water for 10 mins until *al dente* (with a slight resistance in the centre).
2. Meanwhile, heat the oil in a small frying pan, add the prawns and cook over a high heat for a couple of minutes. Add the garlic, chilli, pepper, lemon juice and seasoning and cook for 1 min.
3. Cook through until prawns are pink
4. Drain the pasta and toss with the prawns and rocket. Serve immediately.

Adapted from: www.goodtoknow.co.uk, 2010
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