

Prawn, Lemon & Rocket Penne Pasta

I love Pasta ! When I moved to London in my early twenties, I had my first taste of basil pesto and fell in love! I would drench it over big bowls of pasta with bacon and mushrooms and I simply could not stop eating it. Needless to say that when I flew home a year later on holiday, friends and family practically bypassed me at the airport due to not recognising me ... or rather, the size of me :o

I've learnt to practice portion control since then and don't make pasta part of our families weekly menu. I am however, a firm believer in the 'everything in moderation' mantra and therefore do not see anything wrong with enjoying a bowl of pasta every now and then! What is life without pasta?

This particular pasta is very fresh and certainly a lot healthier than the bottled pesto jars of my youth. The flavours marry together beautifully, so simple but really packs a tasty flavour which makes this pasta dish, restaurant quality! I've made it for friends and they have asked for the recipe. Nough said :)



Yield: 4 - 5

Ingredients:

500g dried penne pasta

3 cloves of garlic, peeled and crushed to a paste

2 - 3 red chillies, deseeded and finely chopped

450ml of white wine (Sauvignon Blanc / Chenin)

450g peeled & de-frosted ready to eat prawns

4 tbs sun-dried tomato puree

Zest and juice of 2 lemons

4 big handfuls of rocket, chopped

Salt & Black Pepper

Olive Oil

Method:

Follow the cooking instructions for the pasta and while that is on the go, heat a few tablespoons of olive oil in a big frying pan and add the garlic and chilli - cook on a gentle heat ensuring not to burn the garlic. After a minute or 2, add the white wine and the tomato puree and simmer for a few minutes until the alcohol has been cooked away together with the acidity of the tomatoes. Drain your pasta and reserve a little of the cooking liquid. Once the sauce is to your taste, add the prawns and mix through. Remove from the heat. Return the pasta to its pot and add the sauce, stir to combine. Add the lemon juice, the lemon zest and half the rocket and 20 or 30 mL of the reserved cooking water. Taste. Adjust the seasoning with salt & pepper. Heat through on the stove top. Plate and garnish with the remaining rocket.

Cooks Notes: I buy the Woolworths ['Frozen fully cooked Prawns'](#) and the Woolworths ['Sundried Tomato Quarters'](#). With the tomatoes, I drain the vinaigrette it comes in and blitz the sun-dried tomatoes in a food processor / blender to a lumpy puree type consistency.