

PRAWN & TOMATO FETTUCINE

INGREDIENTS

500 g cherry tomatoes washed and halved
2 garlic cloves peeled and finely chopped
3-4 tablespoon extra virgin olive oil
1 handful fresh parsley chopped
1 teaspoon dried thyme
700g prawns in the shell
1 glass white wine
2-3 garlic cloves peeled and finely chopped
20 g butter

INSTRUCTIONS

Step 1: Wash the tomatoes and cut them in half. Peel and chop the garlic

Step 2: Heat some olive oil in a large frying pan or skillet and add the chopped garlic. Once it starts to soften, add the tomatoes and the thyme. Simmer until the tomatoes start to soften. Now add the chopped parsley and remove from the heat

Step 3: In a separate pan melt the butter with a tablespoon of olive oil. Add the garlic and fry until it starts to soften. Then add the prawns and fry them until the shells start to brown (5 mins). Pour in the white wine and cook for two minutes. Stir every now and again.

Step 4: Turn off the heat and remove the prawns from the pan with a slotted spoon. Keep the cooking juices and wine. Once they have cooled enough to handle, remove the shells from the prawns and cut the peeled prawns into 2-3 pieces.

Step 5: Add the reserved juices to the tomato sauce once it is almost ready, then add the prawn pieces. Now cook your pasta.

Step 6: Once the pasta cooked add it to the prawn and tomato sauce and toss to coat. If the sauce seems dry add some of the pasta cooking water. Stir everything together well.

Step 7: Serve immediately with a sprinkling of chopped parsley and a pinch of peperoncino flakes if

THE COOKERY

by The Secret Jozi Chef