



toughened non-stick

Chilli and Tomato Prawn Pasta

Toughened Non-stick 30cm Shallow Casserole



Chilli and Tomato Prawn Pasta

This Mediterranean inspired sauce is loaded with goodness and takes only minutes to cook. It makes a great sauce to stir through pasta.

Ingredients

1 onion, finely chopped
2 cloves of garlic, crushed
15ml olive oil
2 hot red chillies, finely chopped
1 tin chopped tomatoes
125ml water
800g prawns, peeled and tails intact
30ml olive oil
½ teaspoon smoked paprika
salt and pepper to taste
30ml treacle sugar
250ml cream
400g linguine or your choice of pasta,
cooked

Method

1. Heat the olive oil in a shallow casserole. Sauté the onions and garlic until soft. Add the chilli and sauté until golden.
2. Add the tomatoes and water and allow to simmer for 15-20 minutes.
3. In a separate pan, heat the olive oil. Add the prawns and sauté quickly until just cooked. Add to the chilli tomato sauce.
4. Stir in the cream and season with salt, pepper and treacle sugar.
5. Serve hot with linguine.



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