



KCAL:  
**417**

CARB:  
**58g**

PRO:  
**27g**

FAT:  
**8.7g**

## Easy prawn pasta

High pro Med carb Dinner



By Adam Lloyd

This is a simple, quick and easy evening meal. We're using raw king prawns in this recipe, but you can buy any sort of prawns from the supermarket, just be aware of whether they are pre-cooked or not and change the cooking times accordingly. If using frozen prawns, ensure you defrost thoroughly according to packet instructions. Add some green vegetables on the side, e.g. broccoli, kale, peas, green beans.

**Prep:** 5 min

**Cook:** 15 min

**Beginner**

### Ingredients for 2 Portion(s)

**200 g** King prawns

**150 g** Pasta, white, dried

**½ Lemon** Lemon

**1 tablespoon** Olive oil

**1 clove(s)** Garlic

**1 tsp** Mixed herbs, dried

### Method

Bring a saucepan of water to boil. Cook pasta for 8 to 10 minutes or according to packet instructions.

Peel then finely chop the garlic. Halve then juice the lemon into a bowl, then remove the pips.

Bring a non-stick pan to medium heat. Add the olive oil then cook the prawns along with the garlic, lemon juice and mixed herbs for 3 to 4 minutes.

Drain the pasta when cooked, then mix in with the prawns.