

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Pasta Primavera with Prawns (Without Prawns (V))

Ingredients Serves 4

350g short pasta eg. penne or fusilli	150g frozen peas
4 garlic cloves, thinly sliced	40g butter
Salt and freshly ground black pepper	1 tsp finely grated lemon zest
275g fresh asparagus, trimmed	75g finely grated Parmesan cheese, plus more for serving
175g haricots verts (green beans) trimmed	3 tbsp double cream or crème fraîche
225g large prawns (fresh de-veined or frozen)	¼ bunch of fresh basil, chopped to garnish
225g fresh tomatoes, quartered	

Method

Place the pasta in a large wide bottomed pan. Add garlic, a grinding of salt and pepper and 20 fl oz water. Cover and bring to the boil. Add the pasta and cook uncovered until almost al dente, stirring occasionally. Add the asparagus and haricots verts. Cover and return to the boil for 5 minutes adding a little extra water if necessary. After 2 minutes remain on the timer add the prawns, tomatoes, peas and butter. Cover and cook for 2 minutes, then uncover and cook stirring until the pasta is tender, the prawns are cooked or heated throughout, and the water has almost completely evaporated for about 1 minute.

Remove from heat. Stir in the lemon zest, the cream and the parmesan cheese and toss to coat. Season with more salt and pepper if required.

Serve garnished with the chopped basil.

Per portion

Kcals 599

Fat 17g

Carbs 81g

Protein 32g