



Product Spotlight: Catalanos Seafood

This family business has a true commitment to sustainable fishing which is not ruining the seabed. They also go out of their way to bring you the freshest catch around, with no chemicals added to their packs.

Catalano's
SEAFOOD

Chilli Garlic Prawn Bucatini

Succulent prawns seared with lemon zest, tossed through al dente pasta tossed with burst cherry tomatoes, garlic, and fresh chilli. This restaurant-style dish brings bold Mediterranean flavour to your table.



35 minutes



2 servings



Fish

Switch it up!

Add sautéed zucchini, baby spinach, or toss in olives or capers for extra Mediterranean flavour. Stir through a spoon of cream or grated parmesan if you want it richer.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	0g	0g	0g

FROM YOUR BOX

LONG PASTA	500g
SPRING ONIONS	1 bunch
RED CHILLI	1
CHERRY TOMATOES	200g
GARLIC CLOVES	2
FRESH PRAWNS	200g
LEMON	1
ROCKET LEAVES	60g

FROM YOUR PANTRY

olive oil, butter, salt, pepper, dried parsley (see notes)

KEY UTENSILS

large frypan, saucepan

NOTES

If you prefer less spice, add chilli at the end as garnish.

Rinse prawns and pat dry for best sear.

Use fresh parsley instead of dried if preferred.

Try fennel seeds or dried chilli flakes for extra flavour.

No gluten option – pasta is replaced with GF pasta.



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1. COOK THE PASTA

Bring a saucepan of water to a boil. Add **1/2 packet of pasta** and cook according to packet instructions or until al dente. Drain and set aside.



2. PREPARE THE VEGETABLES

Thinly slice **spring onions**, chop **chilli** (see notes), halve **cherry tomatoes**, and crush **garlic**. Set aside.



3. SEAR THE PRAWNS

Halve **prawns** and coat with **lemon zest**, **salt** and **pepper** (see notes). Heat a frypan over high heat with **1 tbsp olive oil**. Add **prawns**, cook 2–3 minutes until cooked through. Remove to plate.



4. SAUTÉ THE VEGETABLES

Reduce heat to medium-high. Add **1 tbsp olive oil** and **1 tbsp butter** along with prepared **vegetables** and **1 tsp dried parsley**. Cook for 8 minutes, breaking down **tomatoes** as they soften.



5. TOSS THE PASTA

Take pan off heat. Toss in cooked **pasta** and **prawns**. Squeeze in juice of **1/2 lemon** (wedge remaining). Season with **salt** and **pepper**.



6. FINISH AND SERVE

Divide **pasta** among shallow bowls. Top with **rocket** and **lemon wedge** for garnish.

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