




### Product Spotlight: Saffron


Saffron is an extremely labor-intensive crop making it one of the most precious spices in the world.



## Saffron Prawn Linguine

A dish of decadence! Long linguine pasta in a creamy garlic saffron sauce with delicate flavours of fennel and a burst of cherry tomatoes, topped with pan seared prawns and peppery rocket leaves.

 25 minutes

 2 servings

 Fish

## Add some extra!

*Take this dish to the next level with some freshly grated parmesan cheese, fresh cut chilli or chopped parsley. Toasted pine nuts or breadcrumbs also make a lovely topping.*

Per serve: **PROTEIN** 42g **TOTAL FAT** 14g **CARBOHYDRATES** 114g

## FROM YOUR BOX

LONG PASTA	500g
FENNEL	1
CHERRY TOMATOES	200g
GARLIC CLOVES	2
PRAWNS	200g
SAFFRON	1 packet
SOUR CREAM	1 tub
ROCKET LEAVES	60g

## FROM YOUR PANTRY

olive oil, salt, pepper

## KEY UTENSILS

large frypan, saucepan

## NOTES

Rinse prawns and pat dry before using to encourage searing.

You can add fennel seeds or dried chilli flakes to the vegetables as they cook 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 pasta and cook according to packet instructions or until al dente. Reserve **1/2 cup cooking water** before draining pasta. Set aside.



### 2. PREPARE THE VEGETABLES

Dice fennel and halve tomatoes. Slice garlic cloves. Set aside.



### 3. SEAR THE PRAWNS

Heat a frypan over medium-high heat with **2 tbsp olive oil**. When pan is hot, add prawns and saffron (see notes). Cook for 3-4 minutes until prawns are cooked through. Season with **salt and pepper**. Remove prawns to a plate.



### 4. COOK THE VEGETABLES

Add prepared vegetables to pan and cook for 6-8 minutes until tomatoes start to break down (see notes).



### 5. TOSS THE PASTA

Stir sour cream into vegetables along with **reserved cooking water**. Toss cooked pasta into sauce until well combined. Season well with **salt and pepper**.



### 6. FINISH AND SERVE

Divide pasta among shallow bowls. Top with seared prawns and rocket for garnish.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

