



Product Spotlight: Catalano's 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.



30 minutes



4/6 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
4/6 Person:	34g/31g	3g	88g/61g

FROM YOUR BOX

	4 PERSON	6 PERSON
LONG PASTA	500g	500g
SPRING ONIONS	1 bunch	2 bunches
RED CHILLI	1	1
CHERRY TOMATOES	2 x 200g	3 x 200g
GARLIC CLOVES	3	4
LEMON	1	2
FRESH PRAWNS	2 x 200g	3 x 200g
ROCKET LEAVES	60g	2 x 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 **pasta** and cook according to packet instructions or until al dente. Drain and set aside.



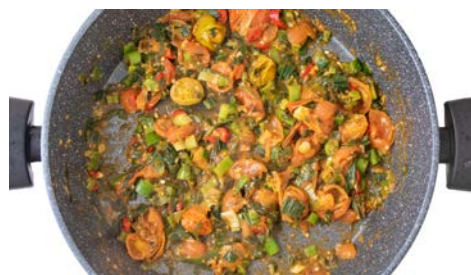
2. PREPARE THE VEGETABLES

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 **2 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 **2 tbsp olive oil** and **2 tbsp butter** along with prepared **vegetables** and **2 tsp dried parsley**. Cook for 8 minutes, breaking down **tomatoes** as they soften.

6P – add **3 tbsp olive oil** and **3 tbsp butter** along with prepared veggies and **3 tsp dried parsley**.



5. TOSS THE PASTA

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

6P – squeeze in **juice of 1 lemon** (wedge remaining).



6. FINISH AND SERVE

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

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