

King Prawn Linguine with tomato and herbs

Preparation time: **less than 30 mins**

Cooking time: **20 to 30 mins**

Serves: 2

Ingredients

- 2 tbsp olive oil
- 1 onion, chopped
- 3 garlic cloves, crushed
- 1 pinch chilli flakes
- 8 large prawns
- 12 cherry tomatoes, halved
- 100ml/2fl oz white wine
- 4 tbsp chopped fresh parsley
- 4 tbsp chopped fresh basil
- 1 lemon, juice only
- 300g linguine, cooked according to packet instructions and then drained

Method

- Heat the olive oil in a pan and fry the onion and garlic for 3-4 minutes, or until softened, then add the chilli flakes and prawns. Cook until the prawns have turned pink and are just cooked through.
- Add the tomatoes and wine and cook for 2-3 minutes, then stir in the herbs and lemon juice. Add the cooked linguine and stir well to coat.
- Pile the linguine onto serving plates and serve.