

ARRABBIATA PRAWNS WITH RICE

Can also be served as topping for a jacket potato

Serves 2

Per serving 292 calories, 0.7g fat

Prep 20 minutes

Cook 25 minutes

INGREDIENTS

110g uncooked peeled prawns

55g (dry weight) basmati rice per person

1 vegetable stock cube

rapeseed oil spray

½ red onion, finely chopped

1 garlic clove, crushed

1 red pepper, de-seeded and finely diced

½ x 400g tin of chopped tomatoes

½ red chilli, de-seeded and finely chopped

4 – 6 fresh basil leaves

freshly ground black pepper

METHOD

1. Prepare a pan of boiling water with a vegetable stock cube. Add the rice and cook according to the instructions on the packet.
2. Rinse the prawns thoroughly under cold water.
3. Preheat a non-stick frying pan sprayed with rapeseed oil and dry-fry the onion for 2 - 3 minutes until soft. Add the garlic and red pepper and cook for a further 2 - 3 minutes. Add the prawns and cook for 5 - 6 minutes.
4. Add the tomatoes and chilli, bringing the sauce to a gentle simmer. The prawns should be firm and cooked through.
5. Season with freshly ground black pepper to taste. Add the torn basil leaves and serve with the boiled rice.

