

# Grape tomato, prawn, chilli & fennel linguine



## Grape tomato, prawn, chilli & fennel linguine

**Preparation:** about 15 minutes

**Cooking:** about 15 minutes

**Serves:** 4

350g dried linguine pasta (or use fettuccine if preferred)

½ cup extra virgin olive oil + extra to serve

2-3 (to taste) small red bird's eye chillies, deseeded and thinly sliced

3 garlic cloves, finely chopped

⅓ cup dry white wine

1 bulb baby fennel, trimmed and very thinly sliced\*

250g grape tomatoes, halved lengthways

300g peeled green king prawns, roughly chopped

Salt and ground black pepper



### Fennel

- A good source of dietary fibre, which helps the intestine function well and also vitamin C, a vitamin needed to defend the body against infection.
- Has virtually no fat and few kilojoules so is a great food for those trying to control weight.
- A source of vitamin C and potassium.

\* Use a vegetable peeler to thinly slice the fennel

1. Cook pasta in a large saucepan of boiling water, following packet directions, until al dente. Drain and return to the pan.
2. Meanwhile, heat oil in a large non-stick frying pan over high heat. Add chillies and garlic and cook for 30 seconds. Add wine and fennel and cook, stirring often, for 3 minutes. Toss in tomatoes and cook for 5 minutes until tomatoes are just tender. Add prawns and cook, tossing often, for 2 minutes until prawns are just cooked through.
3. Add tomato mixture to pasta. Toss over low heat to combine. Season with salt and pepper to taste. Spoon into serving bowls, drizzle with extra virgin olive oil and serve.

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