

Garlic Prawn and Pesto Courgetti (serves 4)

Dean Edwards

4 large courgettes cut on a spiraliser or julienne peeler Approx. 500g
400g raw prawns
2 cloves garlic
½ tsp dried chilli flakes
15g butter
Small squeeze lemon juice

Pesto:

Large bunch of fresh basil
½ clove garlic
40g walnuts
60ml extra virgin olive oil
60g Parmesan cheese grated (please do not get pre grated cheese)
Lemon juice to taste

150g sunblushed tomatoes to serve

Method:

To make the pesto place the basil into a mini blender along with the walnuts, garlic and oil then blend until you have a loose consistency, season to taste with lemon juice salt and pepper, finally stir through the Parmesan cheese.

Make the courgette noodles by making ribbons with a vegetable peeler then chopping lengthways, alternatively use a spiraliser or julienne peeler. Set to one side.

Heat a frying pan then add a splash of oil, add the prawns and cook until starting to turn pink, this will take around 1 minute, throw in the butter, garlic and chilli flakes and cook for a further minute, finally squeeze in the lemon juice and season with salt and pepper.

Heat a large pan over a medium heat then add in a small splash of oil, cook the courgette noodles for 1-2 minutes over a medium heat. Stir the pesto through the noodles. Serve into bowls then top with the prawns, sun blushed tomatoes and a final grating of Parmesan.