



Prawn & Courgette Spaghetti

Calcium ✓
Vitamin D ✓
Iodine ✓



SERVES 4

Ingredients

- 3 large green courgettes
- 2 cloves of galic
- 1 tsp red chilli paste/puree
- 1/2 bunch chives
- 300g dried spaghetti
- Olive Oil
- 400g cooked king prawns
- Zest and juice of ½ lemon
- Parmesan/ Pecorino cheese
- Seasoning

Directions

- Quarter the courgettes lengthwise and slice thinly. Peel and slice the garlic . Chop the chives and set to the side.
- Heat the oil in a frying pan on a medium heat , add the courgettes until they begin to brown. While the courgettes are browning start cooking the spaghetti according to the instructions on the packet.
- Add the garlic, and chilli puree and cook for a few minuites. Then add the prawns and cook for around 4-5 minutes till heated through. Check the packet for guidance .

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Lactose & Galactose Free Recipe

Calcium* ✓
Vitamin D* ✓
Iodine * ✓

Directions continued

- Drain the spaghetti once cooked and keep a little of the cooking water.
- Take the courgettes and prawns off the heat and add the lemon zest and juice. Toss together with the pasta. Add some of the reserved pasta water if it seems too dry. Season to taste and add the chopped chives.
- Sprinkle with the cheese prior to serving.

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Recipe adapted from Jamie Oliver

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