THE LIGHTER PLATE METHOD

Prawn & Fennel Linguine

Aniseedy fennel softens right down into the sauce, leaving just enough bite against the sweet prawns.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**15 min**	**25 min**	**4**	**EASY**

Ingredients

- 300 g linguine
- 400 g raw king prawns (peeled)
- 1 fennel bulb (thinly sliced, fronds reserved)
- 2 cloves garlic (sliced)
- 0.5 tsp chilli flakes
- 100 ml dry white wine (or fish stock)
- 1 lemon (zest and juice)
- 2 tbsp olive oil

Method

1. Cook the linguine in salted boiling water according to the pack instructions. Reserve a cup of the pasta water before draining.
2. Meanwhile, heat the oil in a large frying pan over a medium heat. Cook the fennel for 6–7 minutes, until softened.
3. Add the garlic and chilli flakes and cook for 1 minute, then add the wine and let it bubble for 2 minutes.
4. Add the prawns and cook for 2–3 minutes, until pink.
5. Toss through the drained linguine with a splash of the pasta water, the lemon zest and juice. Scatter with the reserved fennel fronds.

Tips & swaps

- Save the fennel fronds — they look and taste like a wispier dill and finish the dish nicely.
- A splash of pasta water is what brings the sauce together; don't skip it.

Storage & reheating

Best eaten fresh — reheated prawns can turn rubbery.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
430	**28g**	**58g**	**9g**	**4g**

Estimated values, for guidance only. Contains: Crustaceans, Gluten.