




SPINACH & PRAWN AGLIO OLIO

 2 servings  Prep: 5 mins  Cook: 30 mins

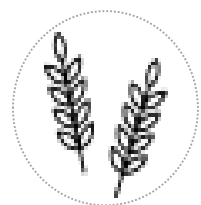


INGREDIENTS

- 180 g wholemeal spaghetti, uncooked
- 2 tbsp olive oil, extra virgin
- 12 cloves garlic, minced
- 150 g prawns, deshelled
- 1 cup spinach, frozen
- 1 yellow capsicum, small, julienned
- $\frac{3}{4}$ tsp salt, reduced sodium
- 1 tsp chili flakes

METHODS

1. In a large pot, bring 1½ litres of water to a boil and cook the wholemeal spaghetti for 12 mins.
2. Keep 6 tbsp of the pasta water and drain the rest.
3. In a heated pan, add olive oil & stir fry the garlic until fragrant.
4. Add in the prawns, spinach and capsicum and stir-fry for 5 mins or until the prawns are cooked.
5. Add in pasta, pasta water, salt & chilli flakes and mix well.
6. Serve hot and enjoy!



WHOLEGRAIN
WEDNESDAY



ONE-DISH
MEALS

Nutrition Information (per serving)

Energy 584kcal, Carbohydrate 66.5g, Protein 33.9g, Fats 18.8g, Saturated Fats 3.0g, Polyunsaturated Fats 3.1g, Monounsaturated Fats 10.2g, Cholesterol 1112mg, Dietary Fibre 15.2g, Sodium 571mg, Potassium 1336mg, Phosphate >517mg