



Healthier Garlic Prawn Pasta

Ingredients (serves 1)

- 100g wholemeal spaghetti
- ½ tbsp olive oil
- 2 garlic cloves, crushed
- ½ red onion, diced
- 80g cherry tomatoes
- 150ml carnation milk
- 1 zucchini, spiraled
- 180g prawns, cooked and shelled
- 1 shallot, diced
- 5g parsley, finely chopped
- 30g parmesan cheese, grated
- 1 small chilli (optional)

Method

- Boil spaghetti according to the instructions on the packet. Drain and set aside.
- Heat oil in frying pan, add onion and garlic, saute until soft.
- Add cherry tomatoes and saute for a further 3 minutes until soft.
- Add carnation milk and bring to the boil.
- Add pasta, zucchini, prawns and shallot. Simmer until prawns are warm.
- Transfer to a plate and sprinkle with parsley, parmesan and chilli. Serve immediately. Enjoy!