



Product Spotlight: Saffron

Saffron is an extremely labor-intensive crop making it one of the most precious spices in the world.



Saffron Prawn Linguine

A dish of decadence! Long linguine pasta in a creamy garlic saffron sauce with delicate flavours of fennel and a burst of cherry tomatoes, topped with pan seared prawns and peppery rocket leaves.



25 minutes



4 servings



Fish

Add some extra!

Take this dish to the next level with some freshly grated parmesan cheese, fresh cut chilli or chopped parsley. Toasted pine nuts or breadcrumbs also make a lovely topping.

Per serve: **PROTEIN** 28g **TOTAL FAT** 8g **CARBOHYDRATES** 105g

FROM YOUR BOX

LONG PASTA	500g
FENNEL	1
CHERRY TOMATOES	2 x 200g
GARLIC CLOVES	2
PRAWNS	200g
SAFFRON	1 packet
SOUR CREAM	1 tub
ROCKET LEAVES	60g

FROM YOUR PANTRY

olive oil, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

Rinse prawns and pat dry before using to encourage searing.

You can add fennel seeds or dried chilli flakes to the vegetables as they cook for extra flavour.

No gluten option – pasta is replaced with GF pasta.



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1. COOK THE PASTA

Bring a saucepan of water to a boil. Add pasta and cook according to packet instructions or until al dente. Reserve **1 cup cooking water** before draining pasta. Set aside.



2. PREPARE THE VEGETABLES

Dice fennel and halve tomatoes. Slice garlic cloves. Set aside.



3. SEAR THE PRAWNS

Heat a frypan over medium-high heat with **2 tbsp olive oil**. When pan is hot, add prawns and saffron (see notes). Cook for 3-4 minutes until prawns are cooked through. Season with **salt and pepper**. Remove prawns to a plate.



4. COOK THE VEGETABLES

Add prepared vegetables to pan and cook for 6-8 minutes until tomatoes start to break down (see notes).



5. TOSS THE PASTA

Stir sour cream into vegetables along with **reserved cooking water**. Toss cooked pasta into sauce until well combined. Season well with **salt and pepper**.



6. FINISH AND SERVE

Divide pasta among shallow bowls. Top with seared prawns and rocket for garnish.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

