

Pasta with Prawns, Watercress, Garlic and Lemon



*Love the taste
Love your body™*

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients:

- 450g pasta shapes
- 1 tbsp olive oil
- 1 garlic clove, crushed
- 350g raw peeled tiger prawns
- Grated zest and juice of one lemon
- 85g watercress, roughly chopped
- 3 tbsp reduced fat crème fraîche
- Salt and ground black pepper
- Parmesan shavings to serve



Method:

Cook the pasta in a large pan of salted boiling water for 12-15 minutes or according to the packet instructions. Heat the olive oil in a frying pan and add the garlic. Cook for a couple of minutes but don't let the garlic burn. Add the prawns followed by the grated lemon zest and juice. Cook, stirring, for a minute. Add the watercress and cook until the watercress is just beginning to wilt, about 30 seconds. Turn the heat up and stir in the crème fraîche. Let the sauce bubble for a minute or two. Taste and season with salt and ground black pepper. Drain the pasta and return to the pan. Stir in the prawn and watercress sauce and serve immediately with some shaved parmesan.

Nutrition:

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| Portions | 4 |
| Calories | 509 |
| Fat | 7g |
| Saturated Fat | 2g |
| Carbohydrate | 86g |
| Protein | 30g |
| Fibre | 4g |
| Salt | 0.76g |