



Clare Hegarty Nutrition
— HEALTH AND WELLNESS —

Penne with Prawns, Cream and Tomato

Serves 4

40g Butter
200g Tinned tomatoes
250g Penne
2 tsp olive oil
500g prawns
2 garlic cloves crushed
3 tbsp cream or natural yogurt
1 tbsp chopped parsley
1 tbsp parmesan cheese

1. Melt half butter in small pan and when it is sizzling, add the tomatoes and season well with salt & pepper.
2. Cook over medium heat for 10 mins until tomato sauce thickens.
3. Cook pasta in a large pan of water according to instructions. Drain pasta and keep a cupful of water.
4. Heat a large non-stick frying pan add oil and rest of butter and add prawns and garlic. Cook prawns for 5mins.
5. Add tomato sauce to the prawns along with cream /yogurt and parsley. Heat until bubbling.
6. Add cooked pasta and toss well. Add a little of pasta water if needed.
7. Serve with parmesan cheese and black pepper.