

Super quick awesome spaghetti w/ Prawns, Cherry Toms, Pea's & Mint

This one is quick... Follow the steps of how to utilize your time efficiently.

This one is for two and technique could be used for 6 with a large domestic pot. Larger numbers needs a little method modification to achieve the result.

250g spaghetti (1/2 a standard pack)
10 large green prawns (school prawns are superior in my view BUT are hard work)
10 cherry tomatoes 1/2 cup peas (fresh are great but lets face it frozen and super easy and well priced. Please don't use can peas OR pre minted peas)
1 Tbl chopped mint
1/2 red onion
1 clove garlic slice thin
3 Tbl olive oil
Of coarse some fresh cracked black pepper.

In your largest pot bring some water to the boil, add some salt, drop the pasta in. Give it a good stir, keep an eye on this as we want to catch it when its about 1/2 cooked.

When pasta 1/2 cooked pour water and pasta into a large bowl (another pot is fine just make sure the pasta remains covered with water) let it stand until needed.

In the same pot pour the oil, add the onion and garlic and place back on high heat. Stir regularly and add the pepper. Keeping the heat high add the prawns, lightly sear each side. Drop in the tomatoes, peas and mint.

Pour off 90% of the pasta water.

Add the pasta and last 10% of water to the pot. Mix well.

Turn the heat off, place the lid on and walk away for 10 minutes.

The last time you looked at the dish there was some thin liquid in the bottom.

When you return this will have been soaked up by the pasta bringing the flavours together.

Serve it up with a little parmesan cheese if you want, bread, a little more pepper, glass of white, cool crisp beer - whatever tickles your fancy.....

Just enjoy and experiment... Sage instead of mint with chicken substituted for the prawns would be fantastic for a non seafood option.

** This recipe was created in London, riding my motor bike to Billingsgate Fish market at 5am on Saturday morning for the prawns (mainly for the experience of the market).

Back in Port Macquarie I am growing the tomatoes, mint, peas, garlic & onion, catching school prawns in Lake Cathie during summer and it is fantastically awesome, mainly due to the hunter gatherer instinct.....

Honestly if you buy standard cherry toms and prawns, vine ripened organic cherry toms and local prawns or grow your own veggies I am sure you will enjoy this dish.

***** Mix it up add a few other of your favourite items and call it your own.....**