

PRAWN TAGLIATELLE

SERVE: 2

TOTAL TIME: 20 MIN

INGREDIENTS

100g Dry Tagliatelle Pasta
250g frozen prawns (defrosted)
Chopped Onion (I use frozen)
8 mushrooms, chopped
2 tablespoons plain flour
1 veg stock pot
100g greek yogurt



DIRECTIONS

- Boil the tagliatelle in salted water
- While it is boiling, in a pan, fry the onions in frylite spray until soft
- Add the chopped up mushrooms to the onion and cook until the mushrooms are golden
- Cover the mushrooms in the flour, ensuring to stir it in to remove any clumps of flour, add some salt, stir and leave to cook for a few minutes
- Add a vegetable stock pot and a few tablespoons of salted water from the pasta to the pan, stir, and cook on a medium-high heat for 3-5 minutes
- Drain the tagliatelle and add to the pan
- Add the prawns
- Take off the heat and add the greek yogurt and stir it all together