

## **Prawn Pil Pil Linguine**

One of our all-time family favourites at home. It's ready in less than 10 minutes. Very little preparation & I also find it a good source of energy on those busier days when you're on the go. The key to success on this dish is all down to the quality of prawns you use. I find a good Irish Dublin Bay/ langoustine works best. Most fish shops will sell them peeled.

### **Ingredients (for 4 people)**

- About 30 peeled Irish prawns – they don't have to be large if they are cut back a little
- 400 g of linguine or spaghetti
- 100 ml of olive or good quality rapeseed oil
- 50 g butter
- 2 medium sized red chillies deseeded and finely sliced
- 6 cloves of garlic finely chopped
- Zest & juice of 1 lemon
- 5 g finely chopped flat leaf parsley
- 1 egg yolk (optional)
- 100 g parmesan
- Salt & cracked black pepper for seasoning

### **Method**

1. Stick a large pot of water on season it with a little salt & cook the pasta for 7- 8 minutes , remove from the water, toss it in a little oil so it doesn't stick together and set aside
2. Heat a wide based frying pan, add the oil, gently fry the chilli & garlic until the garlic just about starts to change colour.
3. At this point turn the heat down low, add the butter, leave melt & add the prawns
4. Poach the prawns in the liquid for 2-3 minutes
5. Add the lemon zest, lemon juice & parsley
6. Now add the linguine to the same pan with the egg yolk & parmesan, give it a season with some salt & cracked black pepper. Fold it all together gently not to break the prawns .
7. Serve it up in 4 warm bowls with a little extra parmesan should you wish

## **Family style chicken Mac & Cheese**

We have 2 young children. We like to keep active, so we eat our fair share of pasta. It's got all we need for a boost & is suitable for us all for Protein, Carbs & flavour. It's easy going & should be enjoyable for all ages at the dinner table

### **Ingredients** (for 4 people)

3 free range chicken breasts (small bit size pieces)  
500 g macaroni  
200 g white onion (very thinly sliced)  
1 clove of crushed garlic  
150 g butter  
1 tsp mustard  
1 tsp thyme leaves (fresh or dried)  
250 g your favourite strong cheddar  
100 g grated mozzarella  
150 g plain flour  
500 ml milk  
Salt & pepper for seasoning

### **Method**

1. Blanch the macaroni in lightly salted boiling water for 7 minutes -strain in a colander – set aside
2. In a medium sized pot fry the chicken for 2-3 minutes until golden brown
3. Add the onions, garlic, butter & thyme & slowly cook for 8-10 minutes
4. Add the flour & mix well for 2-3 minutes
5. Slowly add the milk & bring to a simmer for 3-4 minutes
6. Add the cheese
7. To finish, add the macaroni & mix well
8. If you wish you can place in a casserole dish, sprinkle some breadcrumbs on top & bake for 15 minutes at 180C: this will give the dish a little texture.

## **Roasted Red Pepper, spinach & Artichoke stir in or dip**

Now we all enjoy a little convenience at dinner time. Especially those who are on the go and need a meal in minutes. The recipe below is for my Spin Dip which is a great versatile staple to have in your fridge. It can be used as a dip or as shown below a simple pasta stir in for a really tasty meal in minutes. It can be pre made and will store in your fridge for up to 2 weeks.

### **Ingredients** (makes 1 stir in & 1 small bowl of dip left over)

100 g tinned artichoke hearts

50 g parmesan

5 g smoked paprika

5 g garlic powder

100 g shredded spinach

20 g salt

50 g de-stoned black olives

100 g tinned roasted red pepper

100 g cream cheese

Juice & zest of 1 lemon

### **Method**

1. Chop or blend ( chunky or smooth) the Artichoke, red pepper & olive together
2. Add the spices salt & lemon juice
3. Add the cheeses together & mix well with a spoon until mixture loosens up
4. Add the shredded spinach & the artichoke mixture & stir well until its incorporated together evenly

The stir in or dip is now ready – split the mixture in half store away half as a dip with tortilla, crackers, flatbread or as a spread for soda bread.

Use the remaining half ( 2 portions) as a stir in for linguine, spaghetti, or pasta

shells by cooking the pasta for 8-10 minutes then adding the spin dip mixture & gently heating until warm.