

Chilli Langoustine Linguine



Ingredients

280g linguine pasta

200g sugar snap peas

2 tbsp olive oil

2 large garlic cloves (finely chopped)

2 large red chillies

24 raw langoustine (peeled)

12 cherry tomatoes

A handful fresh basil leaves

For Lime Dressing

2 tbsp fat free fromage frais

Grated zest & juice of 2 limes

2 tsp golden caster sugar

1. Mix the dressing ingredients in a small bowl and season with pepper, then set aside
2. Cook the pasta according to packet instructions, add sugar snap peas for the last minute
3. Heat oil in a wok, mix in the garlic and chilli, cook gently for approx. 30 seconds. Add in the langoustine and cook on a high heat stirring frequently for approx. 3 minutes.
4. Add tomatoes, stirring occasionally for 3 minutes. Drain the pasta and sugar snaps, then toss into the prawn mixture with fresh basil leaves.