



Edamame Spaghetti and Garlic Prawns:

What You Need:

- 120g uncooked edamame spaghetti, or personal choice such as pulse, quinoa or regular wholewheat spaghetti
 - 2 cups fresh baby spinach leaves
 - 3/4 cups halved cherry tomatoes
 - 2 tsp olive oil
 - 1 small onion, finely chopped (1/2 cup)
- 320g fresh medium shrimp, peeled, deveined and tail shells removed
 - 1 clove of garlic, finely chopped
 - 1/2 cup good quality chicken broth (or stock cube)
 - 3 tbsp chopped fresh parsley
 - sea salt and black pepper to taste

What to Do:

1. In medium sized saucepan, cook pasta as directed on package. Drain; return to saucepan. Stir in spinach, tomatoes and 1 teaspoon of the oil. Cover to keep warm.
2. While pasta is cooking, in 12-inch nonstick skillet, heat remaining 1 teaspoon oil over medium-high heat. Add onion; cook and stir 1 minute. Add shrimp, garlic and cook and stir 2 minutes.
3. Stir in broth, salt and pepper; cook 2 minutes or until shrimp are pink and firm. Remove from heat; stir in parsley. Add shrimp mixture to pasta mixture in saucepan; toss to mix.

Quick, healthy, tasty meals! yes, please!