



**GUEST
CAFE**

Basil Pesto Zoodles

with Prawns



30-40min



2 Portions

The guys at Henley's are back with another nourishing, wholesome recipe. Perfect for a fresh spring evening, Henley's have upped the anti on the classic prawn spaghetti by cutting out the latter and making-do with zucchini noodles, aka zoodles. A tasty, guilt-free meal for you and your partner to enjoy!

What we send

- Henley's basil pesto sauce ¹⁵
- chives
- peeled banana prawns ²
- long red chilli
- garlic
- cherry tomatoes
- zucchini

What you'll require

- olive oil
- salt

Utensils

- large frypan
- paper towel
- spiraliser (optional)

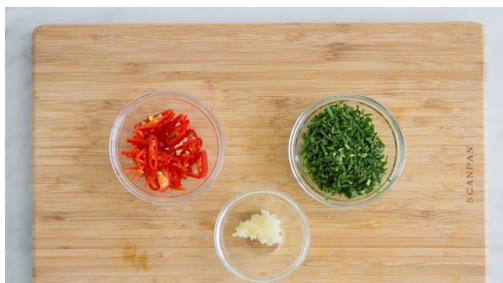
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Shellfish (2), Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 380.0kcal, Fat 23.5g, Proteins 25.9g, Carbs 13.4g



1. Prepare ingredients

Finely chop the **garlic**. Thinly slice the **chilli**, removing seeds for less heat if desired. Coarsely chop the **chives**.



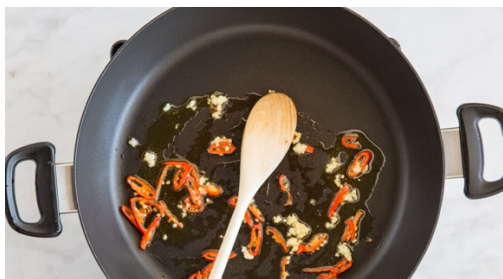
2. Make zoodles

Using a spiraliser, mandoline or shredder, cut the **zucchini** into **noodles** (or thinly slice the zucchini lengthwise, then in batches, stack a few slices on top of each other and cut into thin noodles). Drain on paper towel.



3. Prepare prawns

Halve the **cherry tomatoes**. Cut down back of each **prawn** to butterfly.



4. Cook aromatics

Heat 1 tbs **oil** in a large frypan over medium-high heat. Cook the **garlic** and **chilli** for 1 min or until fragrant.



5. Cook prawns

Add the **prawns** and cook for 2 mins or until almost cooked. Add **Henley's basil pesto** and **zoodles** and cook for 2-3 mins until the prawns are just cooked and the zucchini is still slightly crunchy.



6. Get ready to serve

Serve the **prawn zoodles** in 2 deep bowls and garnish with **chives** and **tomatoes**.