



## Sautéed prawns with garlic and chilli

*Gamberoni saltati in padella con aglio e peperoncino*

Many restaurants along the Adriatic coast of Italy offer their own version of this deliciously spicy prawn dish. It looks and tastes so decadent, yet is so incredibly easy to prepare. I like to use the biggest prawns I can get my hands on, but smaller ones will work just as well – just adjust the quantities and cooking time accordingly. Serve with crusty bread.

Serves 4

**2 large garlic cloves, peeled and thinly sliced**

**2 fresh, medium-hot red chillies, deseeded and finely chopped**

**100ml olive oil**

**16–20 raw king prawns (ideally about 50–60g each), peeled and deveined**

**Juice and zest of 1 unwaxed lemon**

**3 tablespoons chopped fresh flat-leaf parsley**

**Salt**

1. Put the garlic and chillies in a large frying pan. Add the oil and place the pan over a medium heat. As soon as the garlic starts to sizzle, add the prawns and fry for 3 minutes on each side. Season with salt.

2. Add the lemon juice and zest and 2 tablespoons of the parsley and toss everything together. Fry for 1 minute, stirring continuously.

3. Transfer the prawns to a large serving platter and drizzle the sauce over the top. Sprinkle over the remaining tablespoon of parsley. Serve immediately.