

Papardelle with Prawns, Courgette and Dill

(Serves 4)

Summer is a great time to enjoy lighter pasta dishes. Making homemade pasta is really very easy, and tastes simply fantastic. The most basic pasta dough is based on 100g strong white flour and 1 large, organic egg per person – that’s all. Pasta dough requires strong and firm kneading to make the dough smooth, after which it needs to be left to relax, wrapped up, for half an hour. It is not necessary to own a pasta machine to roll out pasta – just use a rolling pin to roll out thin sheets. Cut the sheets into broad ribbons, and you have made yourself Papardelle. If you don’t fancy making pasta, buy some good quality egg pasta from The Larder.

Courgette, also called zucchini, is easy to grow in kitchen gardens and young, firm ones without too much seed taste best. The colour and flavour combines really well with plump, pink prawns.

1. Bring a large pan of salted water to the boil.
2. Meanwhile, slice the courgette lengthwise into ribbons, using a vegetable peeler or cheese slice.
3. If you are cooking dried pasta, follow the instructions on the pack – if you have made fresh pasta, cook for 2-3 minutes. The pasta is best “al dente”.
4. Gently heat up the light olive oil in a large frying pan. Add the garlic and let it soften for a couple of minutes – but not brown. Add the courgette, and lemon zest. Let the courgette soften over a very low heat for 2 minutes. Add the wine and season lightly with salt and freshly ground black pepper.
5. When the pasta is cooked, add the prawns, lemon juice, chopped dill and some extra-virgin olive oil to the courgette in the pan.
6. Drain the pasta, tip into a large bowl and add the prawn/courgette mixture.
7. Stir through and if you wish, season with a little extra ground black pepper.

INGREDIENTS

- 250g home made pasta or La Campofilone egg Papardelle available from the Larder
- 2-3 small, firm courgettes
- 2 tablespoons light olive oil
- 1 garlic clove, finely chopped
- zest and juice from 1 lemon
- 1 tablespoon dry white wine
- Maldon sea salt
- Freshly ground black pepper
- 200g cooked, peeled prawns
- 1 bunch fresh dill, chopped
- A splash of extra-virgin olive oil