

## Chilli, Artichoke & Prawn Squid Ink Fettuccine in Tomato Sauce

R & J Mazza  
GLOBE  
ARTICHOKEs



### Ingredients

350g Squid Ink fettuccine,  
¼ teaspoon salt,

350g artichoke hearts, sliced,  
400g raw peeled tiger prawns,  
2 tablespoons extra light olive oil,  
1 small onion, chopped,  
2 cloves garlic, finely chopped,  
2 fresh chillies, chopped,  
1/3 cup dry white wine,  
400g can diced tomatoes,  
2 tablespoons fresh basil  
Salt and pepper, to taste,



### Extra Ingredients

1 tablespoon extra virgin olive oil,  
Parmesan, grated or shredded, to serve (if preferred)

### How to Cook

1. Boil water in a saucepan, and add fettuccine and salt. While cooking, prepare remaining ingredients.
2. Heat extra light olive oil in a frypan, then add onion, chillies & garlic. Fry until aromatic. Add diced tomatoes and wine and simmer until cooked.
3. Add sliced artichoke hearts and prawns. Continue to cook until prawns turn pink and are cooked.
4. Add salt and pepper and take frypan off the heat, stir in basil, then set aside.
5. When fettuccine is cooked, drain and add extra virgin olive oil to avoid it from sticking together, mix through.
6. Add artichoke mixture and mix well.
7. Serve with parmesan cheese if desired.

**Serves 4**

