



**CHLOË BOWLER**  
complete wellbeing

### **PRAWN & PEA PASTA**



#### **Ingredients**

- 50g Gluten Free Pasta
- 100g cooked king prawns
- ½ cup frozen peas
- 1 organic egg
- 1 tbsp crème fraiche
- Parmesan cheese

#### **Instructions**

1. Boil a pan of water, and cook the pasta for ten minutes.
2. Just before the pasta is ready, add the frozen peas.
3. When the pasta is drained, add the prawns.
4. Stir in a raw egg whilst still on the heat to thicken it up, and add a tablespoon of crème fraiche.
5. Season with plenty of pepper and add a little grated parmesan.

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