



Rigatoni with spiced prawns, tomatoes & chorizo

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



596 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 tbsp olive oil
- ☐ 2 shallots diced
- ☐ 120 g chorizo sausage cut uncooked thinly sliced
- ☐ 6 large tomatoes chopped
- ☐ 350 g rigatoni
- ☐ 200 g shells chopped
- ☐ 2 large spring onion thinly sliced

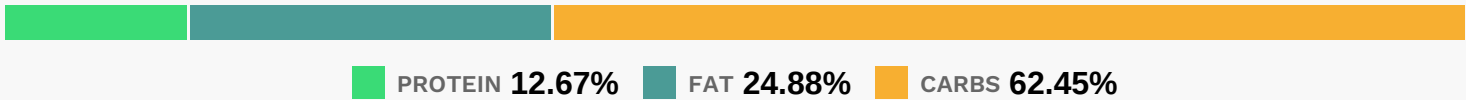
Equipment

☐ frying pan

Directions

- ☐ Put the oil, shallots and a good grind of pepper in a large, cold frying pan.
- ☐ Place over a low heat and slowly cook for 10 mins, stirring regularly, until softened.
- ☐ Add the chorizo to the shallots, turn up the heat (but not too much) and colour a little. When the orange oil is released into the pan, add the tomatoes and a good pinch of salt. Stir over a medium heat the tomatoes should literally melt in about 10 mins. If the sauce is not bubbling, turn up the heat a little.
- ☐ Add 100ml water and bring to the boil. Gently simmer for a few mins more.
- ☐ Meanwhile, cook the pasta.
- ☐ Add the prawns to the sauce, bring back to the boil and cook for 1 min until the prawns change colour.
- ☐ Drain the pasta and stir into the sauce with the spring onion whites. Cook and stir for 1 min.
- ☐ Serve sprinkled with the spring onion greens.

Nutrition Facts



Properties

Glycemic Index:36.8, Glycemic Load:35.81, Inflammation Score:-9, Nutrition Score:23.743478401848%

Flavonoids

Naringenin: 1.49mg, Naringenin: 1.49mg, Naringenin: 1.49mg, Naringenin: 1.49mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 595.52kcal (29.78%), Fat: 16.47g (25.34%), Saturated Fat: 3.85g (24.07%), Carbohydrates: 93.05g (31.02%), Net Carbohydrates: 86.33g (31.39%), Sugar: 9.7g (10.78%), Cholesterol: 16.93mg (5.64%), Sodium:

20.78mg (0.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.88g (37.75%), Selenium: 69.7µg (99.57%), Manganese: 1.3mg (65.14%), Vitamin C: 36.95mg (44.79%), Vitamin K: 44.89µg (42.75%), Vitamin A: 2040.31IU (40.81%), Phosphorus: 270.02mg (27%), Fiber: 6.72g (26.88%), Potassium: 824.02mg (23.54%), Copper: 0.46mg (23.19%), Magnesium: 86.42mg (21.61%), Vitamin E: 2.97mg (19.81%), Vitamin B6: 0.37mg (18.58%), Vitamin B3: 3.24mg (16.2%), Folate: 62.36µg (15.59%), Iron: 2.61mg (14.51%), Zinc: 2mg (13.34%), Vitamin B1: 0.19mg (12.75%), Vitamin B5: 0.7mg (7.05%), Vitamin B2: 0.12mg (6.91%), Calcium: 60.79mg (6.08%)