



CHLOË BOWLER
complete wellbeing

LOBSTER & PRAWN TAGLIATELLE



Ingredients (Serves 2):

- 1 onion
- 50g rocket or spinach
- 100g fresh tagliatelle
- 1 Lobster tail
- 200g Raw King Prawns
- 75g Crème Fraiche
- 1 glass of white wine

Method:

1. Start by Boiling Water and add the tagliatelle.
2. In a separate pan soften the chopped onion in olive oil.
3. Add the lobster & prawns to the pan and cook through.
4. Slowly add the crème fraiche and white wine and stir through.
5. Drain the pasta then mix all the ingredients together.
6. Stir in some rocket or spinach as you wish.
7. Finish with black pepper and grated parmesan.

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