

Lemon Garlic Prawn Pasta



1 serving



20 minutes

Light, fresh, and packed with flavour — this dish combines juicy prawns, zesty lemon, garlic, and herbs tossed through al dente pasta. It's a balanced, whole-food meal that feels indulgent while staying under 500 calories. Perfect for a quick weeknight dinner that's both healthy and satisfying.

Macros per serve: Calories: -480 kcal | Protein: -31g |
Carbs: -60g | Fat: -12g | Fiber: -10g



INGREDIENTS

- 80g dry pasta of choice (dry, fresh or high-protein)
- 120g raw prawns, peeled
- 1 tsp olive oil
- 2 garlic cloves, minced
- ½ small lemon (zest + juice)
- 1 cup baby spinach or rocket
- ½ cup cherry tomatoes, halved (optional for sweetness & colour)
- Fresh parsley, chopped
- Salt & pepper, to taste
- Optional: pinch of chilli flakes

METHOD

1. Cook pasta in salted boiling water according to packet instructions. Reserve 2-3 tbsp pasta water before draining.
2. Sauté garlic in olive oil over medium heat for ~30 seconds until fragrant.
3. Add prawns, cook 1-2 mins per side until pink and opaque.
4. Add tomatoes (if using) and cook 1-2 mins to soften.
5. Add pasta to the pan with spinach, lemon juice, lemon zest, parsley, and a splash of pasta water. Toss well to create a light sauce.
6. Season with salt, pepper, and chilli flakes if desired. Serve immediately.

💡 Tips to keep it light

- Swap half the pasta for zucchini noodles to cut carbs & calories even more (about 350 cals total).
- Use spray olive oil instead of 1 tsp to save ~35 cals.
- Add extra fresh herbs for flavour without calories.