



## **HEMP LINGUINE**

### **INGREDIENTS FOR 3 PEOPLE**

250g of hemp linguine  
300 gr fresh red prawns  
1 shallot  
1 clove of garlic  
a sprig of parsley  
salt and fresh chilli to taste  
3/4 tablespoons of extra virgin olive oil  
1 tablespoon of hemp seeds

### **PREPARATION**

Boil the abundant water for the pasta.

Shell the prawns by cutting the shell on the part of the abdomen with the help of scissors and leaving the head intact. Cut the dorsal part superficially to eliminate the intestine. Rinse them under running water and set them aside. Heat extra virgin olive oil on a pan with a clove of garlic and shallot cutted into slices, add the fresh chilli pepper cooking for a minute and taking care not to heat excessively, they must release the flavors without the hints of burning. Add the whole prawns and cook for a couple of minutes on medium heat. Extinguish the fire. While the pasta is cooking, on a plate remove the prawn heads, cut the prawns into small pieces and place them on the pan again.

Add the salt to the boiling water and cook the linguine. After 5 minutes, remove the linguine from the water, leaving a little cooking water aside, and arrange them on the pan with shrimp. Stir everything for a minute on high heat adding a little cooking water and a drizzle of oil. Turn everything off, put on the plates and finish with a drizzle of raw oil, chopped parsley and hemp seeds.

We advise you to keep your dishes warm before serving. To do this, either heat the oven below 50 ° C, turn it off and keep your dishes there until you are ready to use them, or put them in the microwave for a minute (if your dishes have golden designs or other metal parts, use the oven).