

TAGLIATELLE IN FENNEL - TOMATO SAUCE WITH SHRIMP

2 persons / 402 kcal per person

Ingredients:

- 150 grams of fresh tagliatelle
- 1 fennel bulb
- 125 grams of cherry tomatoes
- 1 clove of garlic
- 1 tablespoon of (olive) oil
- 260 ml pasta sauce
- 100 grams of (large) shrimps

Preparation:

Cut the stems from the fennel bulbs and a piece off the bottom. Halve the fennel lengthwise, remove the hard core and cut into thin wedges. Halve the tomatoes and finely chop the garlic. Heat half of the oil in a frying pan and fry the fennel for 7 minutes on high heat. Add the tomato and garlic and fry for another 3 minutes. Add the sauce and simmer for 2 minutes on low heat. Meanwhile, cook the pasta al dente according to the instructions on the package. Meanwhile, heat the rest of the oil in a frying pan and fry the shrimps with pepper and salt for 5 minutes on high heat. Mix the pasta with the sauce and divide between two deep plates. Divide the shrimp on top.



Nutritional value per person:

Energy:	402 kcal
Protein:	18.3 grams
Carbohydrates:	57.2 grams
- including sugars:	8.6 grams
Fat:	10.3 grams
Fiber:	6.9 grams
Salt:	2.8 grams