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by Liz Robb

Individual dishes of Baked Prawn and Mushroom Penne

Ingredients

100g small peeled prawns, chilled or frozen
100g baby button mushrooms
35g butter
1 heaped tablespoon of plain flour
150ml milk
Salt and freshly milled black pepper
Fresh nutmeg
150g penne pasta
80g parmesan cheese
1 lemon
1 ball of mozzarella cheese, about 125g

Servings

2

Person

Preparation

- 1 Defrost the prawns if frozen, or wash and pat dry if chilled.
- 2 Wipe then halve the baby button mushrooms.
- 3 Preheat the oven to 200 degrees, 180 degrees fan oven.
- 4 Heat 15g of butter in a small frying pan over a low heat and cook the mushrooms gently for 3-4 minutes. Stir in the prawns, heat through for a minute or two and then remove from the heat.
- 5 Make a bechamel sauce. Melt 20g of butter in a saucepan, stir in the flour and then gradually stir in the milk until really smooth. Cook gently and stir for 2 minutes, add a grating of nutmeg and season with salt and black pepper.
- 6 At the same time, cook the pasta until it is almost al dente, drain well and then return to the warm pan, off the heat.
- 7 Stir the mushrooms and prawns into the bechamel sauce and heat through. Stir into the pasta. Grate in half of the parmesan cheese and stir in 1-2 teaspoons of lemon juice, to taste.
- 8 Cut the mozzarella cheese into small pieces and grate the rest of the parmesan.
- 9 Into two gratin dishes, spoon half of the pasta and sprinkle on half of the parmesan. Cover with the rest of the pasta and a final layer of parmesan. Scatter on the mozzarella, add a grinding of black pepper and then bake for 20 minutes until golden

Cooks Note

Serve bubbling hot with a fresh green salad.

The lemon juice can be replaced by white wine if you wish.