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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.