

## Fagioli e Gamberi (Beans and Prawns)

### INGREDIENTS

(4 people)

400 g cannellini beans (cooked, or canned and well rinsed)  
400 g raw prawns (shelled and deveined, tails optional)  
2 cloves garlic (crushed)  
1 small onion (finely chopped)  
200 g cherry tomatoes (halved) or a tin of tomatoes  
1 small chilli (fresh or dried, optional)  
3 tbsp extra virgin olive oil  
1 small bunch of fresh parsley (chopped)  
100 ml dry white wine  
Salt and freshly ground black pepper to taste  
Lemon wedges (to serve)  
[Dolce di Rossano Secularis EVOO, Frantoio Converso](#)  
[San Marzano Tomatoes, Fontanella](#)



### Wine pairing suggestions



[Trebbiano D'Abruzzo Superiore, Nicodemi](#)

### Description

Fagioli e Gamberi is a classic Italian coastal dish that beautifully combines the earthiness of beans with the delicate sweetness of prawns. Simple yet refined, it's a recipe rooted in Mediterranean tradition, bringing together land and sea in a light but satisfying meal. Perfect as a starter or a main, especially when paired with crusty bread and a glass of crisp white wine.

### Preparation

Prepare the beans. If using dried beans, soak them overnight, then cook until tender. If using canned, drain and rinse well.

In a large pan, heat the olive oil over medium heat. Add garlic, onion, and chilli. Cook gently until softened and fragrant (about 3–4 minutes). Add tomatoes. Season with salt and pepper. Let simmer for 8–10 minutes until the sauce thickens slightly.

Increase the heat slightly. Add the prawns and cook for 1–2 minutes until they start to turn pink. Pour in the white wine and let it reduce for a couple of minutes. Add the beans and a ladle of their cooking liquid (or water if canned). Stir gently and simmer for 5 minutes so the flavours meld together.

Sprinkle with chopped fresh parsley. Drizzle with a little more olive oil before serving.

Serve hot, with toasted bread or crostini, and lemon wedges on the side.