

SEAFOOD & PRAWN LINGUINE

INGREDIENTS

500g	Cooked pasta
1	Large sliced white onion
2 cloves	Freshly sliced garlic
300g	Seafood mix
100g	Fresh prawns
1 tsp	Dried Oregano
200mls	Fresh cream
1 pack	Freshly chopped parsley
1 bottle	Rapeseed Oil
	Salt & Pepper

METHOD

1. Place the rapeseed oil in a non-stick pan
2. Heat the oil and place the sliced garlic, onion and dried Oregano in the pan
3. Cook slowly and then add the seafood mix and prawns in the pan
4. Cook the seafood for 2 mins and add the cream
5. Reduce the sauce for a few mins and add the pasta.
6. Toss through the pasta until sauce and ingredients are all coated
7. Season with Salt & Pepper
8. Add the parsley and toss through
9. Place on plates or in a bowl
10. Can serve with Garlic Bread if you desire

VIDEO

Prefer step by step video? No problem, just click below.

