

Prawns & Pasta with Cream Sauce & Basil



**Seafood! Eat your way to better health
with Omega-3**

Master Fish Merchants' Association of Australia

Prawns & Pasta with Cream Sauce & Basil

Serves 4

- 1 kg whole medium green prawns, peeled and deveined
- 2-3 garlic cloves, crushed
- 6-8 semi sundried tomatoes, chopped
- 1 cup cream
- 1 cup basil leaves
- ½ cup white wine
- 1 packet pasta
- Olive oil
- Parmesan cheese, grated
- Salt and pepper

- Boil a large pot of salted water and cook pasta (check packet for cooking time).
- Heat olive oil in a large pan, add prawns and garlic, and cook for 2-3 minutes on a medium heat until just cooked, remove and set aside.
- Add white wine and tomatoes to the pan, cook for 1-2 minutes until wine has reduced. Add cream, and simmer for 3-5 minutes.
- Return prawns to sauce, add cooked pasta and basil leaves, and stir through. Add salt and pepper to taste.
- Serve with salad and parmesan cheese.

