

Prawn Alfredo

Ingredients

- 450 g fettuccine pasta (approximately 1 standard 500 g packet)
- 2 tbsp butter
- 900 g prawns, cleaned and de-veined
- Salt, to taste
- Freshly cracked black pepper, to taste
- ½ cup finely grated Parmesan cheese

Alfredo Sauce

- 2 tbsp butter
- 2 garlic cloves, pressed
- 2 tbsp all-purpose flour
- 2 cups heavy whipping cream
- ¼ cup sour cream
- 1 cup freshly grated Parmesan cheese
- Salt, to taste
- Freshly cracked black pepper, to taste

Instructions

Fettuccine

1. Start cooking the pasta at the same time as starting the sauce.
2. Bring a pot of water to the boil and salt the water generously so that the pasta gets seasoned as it cooks.
3. Add the pasta and cook according to the package instructions. Don't overcook the pasta because it will continue to cook while coated in the hot Alfredo sauce.
4. Once the pasta is done, drain it and add it back to the pot.

Alfredo Sauce

5. Measure your ingredients ahead of time because the sauce comes together quickly.

6. In a medium, heavy-bottomed saucepan, melt the butter over medium heat. Once the butter is melted, add the pressed garlic. Cook the garlic until fragrant, then sprinkle the flour over it. Stir until the flour is fully mixed with the butter and slowly pour in the heavy whipping cream while constantly stirring.
7. Gently stir the mixture together and allow it to heat through. Don't let it boil. Once the cream is hot, whisk in the sour cream, Parmesan cheeses, salt and pepper. Lower the heat to medium-low and gently stir until the grated cheese melts and incorporates.
8. Continue cooking over medium-low heat for about 5 minutes, stirring often.
9. Once the sauce is ready, mix it with the cooked pasta. Reserve a little sauce to drizzle over the prawns.

Prawns

10. Clean and de-vein the prawns, and remove the shells if needed.
11. Use a mixing bowl to season the prawns with salt and pepper. Add the Parmesan cheese and toss until evenly spread over the prawns.
12. Preheat a large frying pan over medium-high heat and add the butter. Melt the butter and add the prawns. Cook the prawns until pink and opaque on one side, and then flip them over. Cook the other side until just pink and opaque. Remove the prawns from the pan immediately so they don't continue cooking.
13. Portion the sauce-coated pasta into large bowls and top with the sautéed prawns. Drizzle a little sauce over the prawns.