

Prawn, Pea and Asparagus Fettucine in Light Lemon Cream

Recipe created by Naomi Crisante

Serves 4
Preparation time 10 minutes
Cooking time 15 minutes

1 bunch asparagus
500g fettucine pasta
1 teaspoon cornflour
300ml Pura Lite Thick Cream
grated rind and juice of 1 lemon
500g green prawns, deveined
½ cup fresh or frozen peas
3 spring onions, finely chopped
sea salt and freshly ground black pepper, to taste
grated Parmesan, for serving, optional

Cut asparagus into long, thin diagonal slices, leaving the tips whole. Boil the fettucine in a large pot of salted boiling water until 'al dente'. Meanwhile, mix cornflour to a paste with a little cream and combine with remaining cream, grated rind and lemon juice in a large frying pan. Add asparagus, prawns and peas and simmer for 10 minutes or until prawns have cooked and vegetables are tender. Stir in spring onions and season to taste. Drain pasta and toss together with sauce until well combined. Serve immediately with grated Parmesan if desired.

Ham, Mushroom and Capsicum Pasta

Substitute prawns, asparagus and peas with sliced ham, sautéed mushrooms and finely chopped capsicum.

Tuna, Avocado and Asparagus Pasta

Substitute prawns and peas with canned tuna and 1 chopped avocado, adding the avocado just prior to serving.

Pura Lite Thick Cream contains only 18% fat and has been made to remain stable when heated. Ideal for lighter cream sauces, soups and salad dressings, its thick texture also means it will easily dollop over fruit and desserts which means you can enjoy a touch of luscious creaminess without the guilt!

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