

## -1 Seafood Linguine

JUVELA

Serves 2

Succulent prawns, tender flakes of cod and freshly cooked Fibre Linguine, bound in a deliciously light and buttery sauce - absolute heaven, with a fresh green salad and a glass of chilled white wine!

If you are a real seafood fan, you can use an assortment of your favourites - try mussels, squid or even scallops for an extra special meal!

### **Ingredients**

75ml (3fl oz) of vegetable stock  
75ml (3fl oz) of dry white wine  
Pinch of saffron threads  
150g (6oz) skinless & boned cod fillet, cut into chunks  
75ml (3fl oz) double cream  
25g (1oz) butter  
1 shallot, finely chopped  
1 garlic clove, peeled and crushed  
3 spring onions, finely sliced  
Salt and freshly ground black pepper  
100g (4oz) cooked, peeled tiger prawns  
200g (8oz) JUVELA Gluten-Free Fibre Linguine (dry weight)

### **Method**

Place the stock, white wine and saffron in a large saucepan and bring up to the boil. Add the cod and simmer gently for 2 - 3 minutes until just cooked. Remove the cod with a slotted spoon and set aside.

Bring the wine and stock up to the boil again and allow to bubble rapidly, until the liquid is reduced by half. Stir in the cream, season well and simmer for 2 - 3 minutes, until the liquid starts to thicken. Remove from the heat and set aside.

Cook the linguine as per the instructions on the pack, drain and rinse thoroughly with boiling water. Meanwhile, melt the butter in a large frying pan, add the shallots, garlic and spring onions and cook gently for about 5 minutes, until softened.

Add the cod and prawns to the stock mixture and heat gently. Stir in the shallot mixture and Linguine and combine well, to coat the pasta with the sauce. Serve immediately.