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## BC Spot Prawn Pasta

Courtesy of Finest at Sea

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1 lb	BC Spot Prawn tails – peeled	455 g
1	small package pasta - (your favourite long noodle)	1
1 Cup	Cream	227 mL
½ Cup	Parmesan Cheese – grated	125 mL
¼ Cup	Butter	50 mL
¼ lb	Fresh Sea Asparagus	125 g
6	Cloves Garlic – minced	6
	Fresh Parsley	
	Salt & Pepper to taste	

1. Cook the pasta according to package directions, rinse in cold water to halt cooking, and set it aside for later.
2. In a pot of boiling water, quickly blanch the sea asparagus for about 1 min., and then strain, rinse with cold water, and chop into small pieces.
3. Heat the butter in a large saucepan and add the garlic. Saute until golden brown.
4. Pour in the cream, and lower the heat to a simmer.
5. Add the sea asparagus, parsley and parmesan cheese, and stir until cheese melts.
6. Stir in the BC Spot Prawn tails and cook for about 4 minutes, until tails are firm and slightly opaque in colour.
7. Toss you noodles with the sauce, season with salt & pepper, and serve with salad.

**Preparation time:** 15 minutes

**Cooking time:** 20

**Serves:** 4 – 6