

Lemon Herb Seafood Linguine



Prep 10 minutes
Cook 10-15 minutes depending on pasta
Serves 4

15g (1 tbsp) butter
2 cloves garlic, crushed
finely zested rind of 1 lemon
450g **Essential Cuisine Fish, Chicken
or Vegetable stock**
½ cup cream
500g dried linguine
2 tsp cornflour
150g asparagus or green beans, trimmed and cut
into 3-4 cm chunks
500g mixed seafood or fresh boneless fish fillets,
thinly sliced
2 tbsp lemon juice
2 tbsp chopped parsley or spring onion greens

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This creamy seafood pasta takes just a few minutes to make but is smart enough to serve to guests. The sauce base can be made ahead of time.

In a large heavy pot melt butter and sizzle garlic and lemon rind for a few seconds without browning. Add **Essential Cuisine Stock**.

Mix cream with cornflour and add. Simmer for 2 minutes, stirring frequently.

Note: Sauce can be prepared ahead to this point.

Boil pasta in a large pot of salted water for 1 minute less than the manufacturer's instructions. Drain when cooked. While it cooks finish the sauce. Bring sauce to a simmer, add asparagus and seafood. Cover and simmer 3 minutes until

seafood is nearly cooked through.

Add lemon juice, drained pasta and chopped herbs and bring back to a simmer. Season to taste with salt and pepper then transfer to a serving bowl.

