



SEAFOOD PASTA CARBONARA

Packed with flavour, this is sure to be a guest pleaser!

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Create a richly flavoured fettucine carbonara by adding squid and prawns to this smoky bacon favourite.

METHOD

Cook fettucine in a big pot of slightly salted boiling water according to packet instructions. When pasta is al dente, drain and reserve some of the pasta water to add to the carbonara later.

While pasta is cooking, cut bacon into strips and using a large frying pan, cook the strips in a small amount of olive oil until they start to brown and crisp.

While the bacon is cooking, cut peeled prawns into cubes, and the squid into thin slices. Put the prawns in with the bacon along with minced garlic, stir to cook for around two to three minutes or as needed, then remove the mixture to a bowl.

Using the same pan, add the squid to cook

in bacon fat for around ten minutes, cover with a lid to help soften the squid with the steam. Stir occasionally and taste to check for tenderness. When cooked, add squid to the bacon and prawn mixture. Note if using cooked prawns, add them into the dish at the same time as the cooked pasta to just warm through.

In another bowl, beat the egg and yolks, then add the parmesan, and season with a sprinkle of nutmeg, salt and pepper.

Deglaze the frying pan with wine and cook for a few minutes, then return the seafood and bacon to the pan. Add the pasta, and use tongs to toss with the seafood, then add the egg and parmesan mixture. Continue mixing until all ingredients are combined and warmed through. Add some of the reserved pasta water to make the carbonara creamier in texture if needed. Garnish with flat leaf parsley - enjoy! **FSA**

Ingredients

SEAFOOD CARBONARA (SERVES 4)

- > 250 grams fettucine (or spaghetti)
- > 200 grams of smoked bacon
- > 10 green king prawns (alternatively use cooked prawns)
- > 2 medium squid tubes
- > 2 cloves garlic minced
- > 2/3 cup grated parmesan cheese
- > Sprinkle of nutmeg
- > Pepper and salt
- > Extra virgin olive oil
- > Flat leaf parsley
- > 1/2 cup of dry white wine

