

Fettuccine with Pesto and Seafoods



Based on Bunge FarmOrigin First Pressed Sunflower Oil

Ingredients	Weight, g
Seafoods	
Prawns, Deshelled and Deveined	60 (3 pcs)
Squid Rings, Cleaned	40
Salt	To taste
White Pepper, Ground	To taste
Fettuccine with Pesto and Seafoods	
Bunge FarmOrigin First Pressed Sunflower Oil	15
Garlic, Finely Diced	10 (2 cloves)
Thai Basil Leaves Pesto	100 (Refer to recipe for Thai Basil Leaves Pesto)
Fettuccine, Cooked and Drained	200
Cream	100
Salt	To taste
White Pepper, Ground	To taste
Bunge FarmOrigin First Pressed Sunflower Oil	10
Parmesan Cheese Powder	15
Thai Basil Leaves	As garnish

Method:

1. Marinate the prawn and squid rings with some salt and ground white pepper.
2. Heat the Bunge FarmOrigin First Pressed Sunflower Oil in a non-stick pan using medium heat, sauté the prawns and squid rings to fully cooked and set aside ready to use.
3. With the remaining oil in the same pan, sweat the garlic.
4. Add in the Thai Basil Leaves Pesto and sauté until the oil separated from the paste.
5. Add in the cooked and drained fettuccine, sauté until all the fettuccine is coated with the pesto.
6. Turn to low heat, pour in the cream and mix well.
7. Taste the fettuccine and season with salt and ground white pepper if necessary.
8. Pour the fettuccine onto the serving plate, place the sauteed prawns and squid rings around the fettuccine, drizzle the Bunge FarmOrigin First Pressed Sunflower Oil on the dish, sprinkle with parmesan cheese powder, garnish with Thai basil leaves and ready to serve.

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