

Whitsunday Seafood Sauce

Creamy Tropical Garlic Seafood Sauce

Prep	Cook	Serves
10 mins	15 mins	4

Ingredients

- 300g green prawns, peeled
- 150g scallops
- 2 tbsp butter
- 1 tbsp olive oil
- 4 cloves garlic, finely chopped
- 1 small brown onion, finely diced
- 1 cup thickened cream
- 1/2 cup chicken stock
- 1/3 cup dry white wine
- 1/2 cup parmesan cheese
- 1 tsp wholegrain mustard
- 1 tsp lemon juice
- 1 tsp smoked paprika
- 1 tbsp parsley
- Salt & pepper

Method

1. Cook prawns and scallops in olive oil until lightly golden. Remove and set aside.
2. Melt butter in the same pan. Cook onion and garlic for 2–3 minutes.
3. Add white wine and simmer for 2 minutes. Add chicken stock and reduce slightly.
4. Stir through cream, parmesan, mustard, paprika and lemon juice. Simmer 4–5 minutes until thick.
5. Return seafood to the pan and warm through. Finish with parsley, salt and pepper.

Perfect with reef fish, steak, seafood pasta or garlic bread.