



PARTNERED WITH
coles

Creamy garlic prawns

0:10 Prep • 0:10 Cook • 4 Servings • Capable cooks



ON SPECIAL

This deliciously creamy prawn recipe from taste member, 'KRISSEY86' is perfect for a quick weeknight meal.

INGREDIENTS

- 25g butter
- 1 tablespoon olive oil
- 2 cloves garlic, crushed
- 1 tablespoon flour
- 1 cup (250ml) Massel chicken style liquid stock
- 2 tablespoons white wine
- 1/2 cup (125ml) cream - *ADD MORE IF SAUCE TOO THICK*
- 2 teaspoons dry mustard powder
- 750g peeled uncooked prawns **Ⓢ**
- 1 tablespoon coarsely chopped fresh flat-leaf parsley
- Salt, to season

METHOD

- FRY PRAWNS AND REMOVE.*
- Step 1** Heat butter, oil and garlic in a medium frying pan over medium-high heat until butter has melted. Add flour. *REMOVE.*
Cook, stirring for 1 minute or until mixture bubbles.
- Step 2** Slowly add stock, 1/4 cup at a time, stirring constantly to prevent lumps forming. Add wine and cream.
Cook, stirring for 3 minutes or until sauce boils and thickens. Add mustard. Season with salt and pepper. *ADD*
- Step 3** Add prawns. Simmer, stirring for 3 minutes or until prawns are cooked through. Stir in parsley. Serve creamy garlic prawns with steamed rice.