



RECIPE INFORMATION

Cream Sauce Blacklip Abalone Pasta

Ingredients:

1 x Blacklip abalone
250g Spaghetti
1 x clove garlic
1 x lemon
200ml cooking cream
Parsley
Salt and Pepper
Olive Oil

Method:

1. Cook spaghetti until al dente then set it aside.
2. Tenderise abalone in retort pack until you can bend it easily, 30 sec both sides
3. Cut pack open and drain juice into cup.
4. Thinly slice abalone and place aside
5. Place garlic and oil into a pan on medium heat with a pinch of salt and pepper. Stir and cook for a few mins.
6. Add cream, juice of 1 lemon and abalone juice. Cook until reduced by half.
7. Add cooked spaghetti to pan and stir through with olive oil and a squeeze of lemon juice.
8. Plate up spaghetti.
9. Warm sliced abalone through in pan for around 1 minute.
10. Place sliced abalone on top of pasta and add parsley to garnish.

WILD ABALONE AVAILABLE FOR PURCHASE THROUGH THESE OUTLETS

