



Creamy Lemon and Pea Linguine with Peppered Prawns

A fresh and vibrant pasta dish that is bursting with flavour.

Use this simple, creamy sauce base for a range of flavour combinations.

Serves 4

10g	Western Star Butter
2	spring onions, chopped
4	cloves garlic, crushed
1 tablespoon	plain flour
2½ cups	Anlene Low Fat
200g	frozen peas
400g	green prawns, peeled and de-veined
1 teaspoon	olive oil
½ teaspoon	salt
1 teaspoon	freshly ground black pepper
2 teaspoons	finely grated lemon rind
400g	linguine pasta, cooked and drained
½ cup	grated Perfect Italiano Parmesan
1 cup	fresh basil leaves, torn
	extra freshly ground black pepper, to taste
	extra basil leaves, for serving

Method:

1. Melt butter in a large non-stick saucepan, add spring onions and half the garlic, cook for 30 seconds or until fragrant. Add flour and cook, stirring for 1 minute. Whisk in **Anlene Low Fat** until smooth, then add peas, simmer gently for 2 minutes until the mixture coats the back of a spoon.
2. Toss prawns in remaining garlic, olive oil, salt, pepper and half the lemon rind. Stir fry prawns in a very hot frypan or wok for 1-2 minutes or until just cooked. Remove and set aside.
3. Stir linguine, remaining lemon rind, parmesan and basil leaves into the sauce.
4. Serve linguine topped with prawns, sprinkled with basil leaves and extra pepper.

MAGNET AREA



Anlene™

EXPERT IN BONE NUTRITION

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*Did you know that bones can begin
to break down after age 25?*

*The good news is that they are alive
and you can feed them everyday
with Anlene.*

*Enjoy Anlene milk with added
Vitamin D and minerals – it has more
than just calcium to help maintain
your bones.*

Anlene. Expert in Bone Nutrition.

NUTRITION INFORMATION

AVERAGE QTY	PER SERVE (446g)	PER 100g
ENERGY	2700kJ	606kJ
PROTEIN	45.6g	10.2g
FAT		
– TOTAL	11.0g	2.5g
– SATURATED	5.5g	1.2g
CARBOHYDRATE		
– TOTAL	86.2g	19.3g
– SUGARS	12.2g	2.7g
DIETARY FIBRE	7.3mg	1.6mg
SODIUM	927mg	208mg
CALCIUM	616mg	138mg
IRON	2.8mg	0.6mg

Nutritional Information may vary according
to ingredients used.

Anlene™ is specially formulated to supplement the nutritional needs
of adults who may be lacking in essential bone nutrients
and energy in their everyday diet.

Anlene Tips

- *Finish soups with a splash of Anlene Low Fat or No Fat*
for a creamy low fat result.*
- *Stir a little Anlene Low Fat or No Fat* through risottos
towards the end of cooking for a creamy calcium boost.*
- *Poach fish in simmering Anlene Low Fat or No Fat*, flavoured
with coconut and lemongrass or bay leaves and garlic.*

*less than 0.15g fat/100ml

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