



Lemony creamy sauce for pasta

Prep: 5 minutes

Cook Time: 20 minutes

Serves: 4

Portion Serving Size: 80 ml



INGREDIENTS

3 garlic cloves, crushed
 350 ml fresh cream
 5 ml salt, fine
 2.5 ml grated lemon zest
 45 ml lemon juice (juice of one lemon)
 Black pepper, to taste



METHOD

1. Add cream, salt and crushed garlic to a pot.
2. Heat the cream on very low heat and allow to infuse. Cook until slightly thickened (10 minutes).
3. Add the lemon juice slowly while stirring. Taste to ensure adequate sourness.
4. Season with black pepper to taste.
5. Serve with cooked pasta – linguine or tagliatelle
6. Serve with plenty of grated Parmesan cheese (optional).

Nutrition Facts

Serving size: 80 ml sauce with 225 g pasta

	Sauce	with Pasta
Energy (kJ)	1068	2507
Protein (g)	1.6	14.3
Total Carbohydrates (g)	3.1	71.4
Fat (g)	26.7	28.4
Calcium (mg)	50	65



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