



# Sweet Potato “Fettuccine” with Spicy Saffron Shrimp

## Servings

5

## Calories

380

## Prep Time

5 minutes

## Total Time

30 minutes

## Skill Level

Easy

## Ingredients

2 (10 ounce) bag Mann’s Sweet Potato “Fettuccine”

½ pound of Prawns (or rock shrimp)

¼ cup olive oil, extra virgin

2 tablespoons garlic, minced

¼ teaspoon saffron threads

1 teaspoons chili flakes, red

1 cups white wine

2 tablespoon butter

1 cup parmesan cheese, grated

¼ cup Italian Parsley



## The Method

In a large pot of salted water, Blanche the fettuccine until just tender 2-3 minutes. Drain and set aside.

In a large sauté pan, heat the oil over medium-high heat. Sear the shrimp 2-3 minutes, then add garlic and saffron and continue to cook 1 min., stirring constantly.

Add the chili flakes and white wine. Let the liquid simmer and reduce by half. Stir in butter, then add in the Sweet Potato “Fettuccine” and toss together and remove from heat. Add parmesan and chopped parsley, mix and serve.



# Sweet Potato “Fettuccine” with Spicy Saffron Shrimp Dressing

## Nutrition Facts

Serving Size: 249g | Servings: 5

### Amount Per Serving

Calories 380 | Total Fat 22g (sat 7g trans 0g) | Cholesterol 120mg | Sodium 780mg | Total Carbohydrate 26g | Dietary Fiber 4g | Sugars 5g (Includes 0g Added Sugars) | Protein 17g | Vitamin D 0% | Calcium 15% | Iron 6% | Potassium 10%