

Tasty White Pasta with Prawns

(A traveller's kitchen favourite)

It's the kind of meal you cook barefoot, with salt still on your skin and a half-finished bottle of white open on the bench. Simple, generous, and quietly indulgent — the sort of dish that feels at home anywhere from a Byron Bay share-house to a seaside kitchen on Île de Ré, where the air smells faintly of thyme and the prawns come in fresh each morning.



Ingredients

- ■ bag of pasta
- 1 cup milk
- 2 tablespoons flour
- 80 ml cream
- 300 g prawns (or diced chicken thigh)
- 1 large onion, finely chopped
- 5 button mushrooms, diced in generous chunks
- ½–1 bulb garlic, crushed
- 6 large silver-beet leaves, finely shredded
- 30 ml olive oil
- Salt and cracked black pepper
- 100 ml dry white wine (“goon” will do just fine)



Method

Boil the pasta until soft, then strain and set aside — it should be ready to mingle when the sauce thickens.

In a small jug, stir the flour into the milk until smooth, seasoning lightly with salt and pepper.

Heat a wide pan over medium-high heat. Add olive oil and garlic, then the onion once it begins to sizzle. Stir gently until translucent.

Add prawns (or chicken) and cook until just coloured. Toss in the silver beet, followed a few minutes later by the mushrooms.

Turn up the heat and splash in the wine. When it turns cloudy, add the cooked pasta and stir through.

Pour in the cream, letting the sauce cling to the noodles. Finish by stirring in the milk-and-flour mix until it thickens to a silky coating. Adjust salt and pepper to taste.

Serve piled high on a big plate, scattered with parsley. A chilled Sauvignon Blanc completes the moment.

Eat slowly. Laugh loudly. Remember where you are.