



## Fettuccine Alfredo

Brittany Allyn

[www.savorthe flavors.tv](http://www.savorthe flavors.tv)

Serves 2 (4 as a side dish)

### Ingredients:

8 oz. Fettuccine  
2 TBSP Extra-Virgin Olive Oil  
1 large clove of Garlic  
1 Shallot finely minced  
1 cup Heavy Cream  
½ cup freshly grated Parmesan Cheese  
A dash of Nutmeg  
Sea Salt and freshly cracked Black Pepper  
Freshly chopped Flat Leaf Parsley or Basil for a garnish



### Directions:

Prepare the fettuccine as directed on the box. Meanwhile, heat the olive oil in a large skillet over medium heat. Add the garlic clove and sauté until lightly browned. Remove the garlic clove and discard. Add the shallots and sauté for 1-2 minutes or until tender. Add the cream and heat for 1-2 minutes. Add the nutmeg then salt and pepper to taste. Add the parmesan cheese and heat until the cheese is melted and incorporated. Drain the fettuccine and add it to the skillet. Turn the fettuccine to coat evenly with the sauce. Serve immediately and garnish with parsley or basil.

### \*Pictured with Pan Seared Scallops and Broiled Asparagus

For the asparagus, trim the fibrous ends off the bottom of the asparagus. Heat a broiler on high. Place asparagus on a foil lined baking sheet. Drizzle the asparagus with olive or grape seed oil and lightly season with sea salt and pepper. Rub the asparagus to coat evenly with the olive oil. Place under the broiler and broil until the asparagus is tender but slightly al dente. (When you hold a piece of asparagus from the bottom it should bend slightly over.) Depending on the thickness of the asparagus, 5-6 minutes turning once or twice during cook time.

When preparing scallops, pat them dry with a paper towel and lightly season with sea salt and pepper. Heat a small amount of olive oil in a skillet over medium-high. Place the scallops in the hot skillet in a single layer. (The first one should sizzle on contact. If it doesn't, the pan isn't hot enough). Space them about an inch apart, don't crowd the pan. Depending on the thickness of the scallops, cook for about 2-3 minutes (the side of the scallop facing the pan should be golden brown). If the scallop doesn't release easily from the pan, cook a little longer. Flip the scallops and cook for 2-3 more minutes.

The scallops should be the last thing you prepare. Have the rest of your meal ready to go before putting the scallops in the pan because they cook quickly and need your undivided attention