 **We were a bit late for Seafood Week - Sorry. But here is our dinner from last night:-**

Ingredients:-

1 Pack of mixed cooked Sea Food (Ours was 400g)
Rice Noodles
White Sauce
Italian Style grated Cheese
Chopped Spring Onion to garnish if you like
Salt
Pepper
Chilli flakes

White Sauce Ingredients:-

Margarine
Flour
Milk
Salt & Pepper

Method - For the White Sauce:-

Melt the margarine in a pan.
Add the Flour and mix over a low heat into you have a smooth paste.
Gradually add the Milk a little at a time mixing constantly, until you have a runny constancy.
Season with a little Salt and Pepper

Add extra milk if the sauce is too stiff and mix thoroughly.

Dish Method:-

(1) Add the mixed Seafood to the heated White Sauce and season with Salt, Pepper and Chilli flakes.
(2) Boil a pan of water and add your Rice Noodles.
(3) Remove from heat and allow to soften.
(4) Plate the Noodles with tongs, add the White Sauce and Sea Food mix above.
(5) Garnish with Italian Style grated Cheese and Spring Onions.