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## The Art of Eating Well

## **SHRIMP PASTA**

| 4 Tbls              | olive oil                            |
|---------------------|--------------------------------------|
| 2 1⁄2 Tbls          | chopped garlic                       |
| 1                   | green onion(chopped)                 |
| ½ tsp               | crushed red pepper flakes (optional) |
| 1 1/2 pounds        | medium shrimp                        |
|                     | Juice of 1 lemon                     |
|                     | Parsley (a pinch)                    |
|                     | Salt and pepper                      |
| 1 cup               | heavy cream (whipping cream)         |
| <sup>1</sup> ⁄4 cup | parmesan cheese                      |
| 1 pkg               | Delloy Pasta broad noodles           |

Cook pasta while preparing shrimp mixture. In a large skillet, heat olive oil over medium-high heat. Add garlic, onion and red pepper flakes. Sauté until garlic just begins to brown. Add shrimp, lemon juice, parsley, salt and pepper. Simmer 5 minutes (do not overcook or shrimp will shrink). Reduce heat to medium and add cream. Simmer until desired consistency. Drain pasta and add shrimp to pasta. Add parmesan cheese and serve immediately. \*\*If this is for a side dish, use as above. If it is your main course, then double all ingredients except shrimp.