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The Art of Eating Well

SHRIMP PASTA

4 Tbls olive oil

2 ½ Tbls chopped garlic

1 green onion(chopped)

½ tsp crushed red pepper flakes (optional)

1 ½ pounds medium shrimp

Juice of 1 lemon Parsley (a pinch) Salt and pepper

1 cup heavy cream (whipping cream)

1/4 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.