

SPICY SHRIMP PASTA IN TOMATO CREAM SAUCE

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COOK TIME: 30mins

SERVES: 4

CALORIES: 586 kcal (PER SERVING)

INGREDIENTS

400 g (14 oz) rigatoni

450 g (1 pound) shrimp, peeled and deveined

4 garlic cloves, minced

1 shallot, finely chopped

1 can (400 ml/14 oz) crushed tomatoes

200 ml (3/4 cup) light cream

120 g (4.3 oz) semi sun-dried tomatoes, drained

120 ml (1/2 cup) dry white wine

oil, drained from sun-dried tomatoes jar

1 tsp chili flakes, more to taste

1/2 tsp each: dried oregano, thyme, smoked paprika

1 tsp fish sauce

1 cup panko bread crumbs +

1 tbsp chopped fresh oregano or

1 tsp dried oregano

crumbled feta, for serving

salt + black pepper

DIRECTIONS

Boil the pasta in salted water until al dente. Drain, reserving the 1/2 cup of the cooking water.

In the meantime, heat a large skillet over medium heat and add 3 tbsp oil reserved from sun-dried tomatoes. Once hot, add panko, cook, stirring for 4 minutes until toasted and golden. Add oregano and cook for 1 minute more. Remove from the skillet to a plate.

Add 3 tbsp oil to the same skillet. Add shrimp, arrange in a single layer. Fry on high heat. Flip the shrimp over after 2 minutes and sear the other side until pink. Season with salt and pepper. Remove from skillet.

Heat 2 tbsp oil, add garlic and shallot, sauté for 2 minutes. Using a wooden spoon, scrape up and stir in any brown bits from skillet bottom. Add white wine, cook over high heat until reduced and no raw alcohol aroma remains, about 3 minutes.

Add tomatoes and bring to a boil. Stir in the cream and sun-dried tomatoes. Season with oregano, thyme, smoked paprika, chili flakes, fish sauce, salt and pepper. Simmer over low heat until the sauce has thickened slightly, about 10 minutes.

Add the cooked shrimp and reheat gently on medium heat.

Stir with pasta and serve with lots of crispy bread crumbs, feta and extra chili flakes. Enjoy!

NOTE: If the sauce is too thick and does not coat the pasta very well, add a splash of the pasta cooking water.

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