

CREAMY GARLIC SHRIMP PASTA

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COOK TIME: 20mins

SERVES: 2

CALORIES: 522 kcal (PER SERVING)

INGREDIENTS

200 g/7 oz fettuccine pasta
400 g/14 oz shrimp, peeled and deveined
3 tbsp olive oil
1 tbsp unsalted butter
2 garlic cloves, minced
250 ml/1 cup whole milk
40 g/1.4 oz grated Parmesan
40 g/1.4 oz grated Cheddar, or mozzarella
1 tsp mild mustard
spices, 1 tsp each: garlic powder,
onion powder, sweet paprika, salt,
black pepper, cayenne pepper
2 tbsp chopped fresh parsley
chili flakes, for serving
salt + black pepper
grated Parmesan, for serving (optional)

DIRECTIONS

Cook the pasta in a large pot of boiling generously salted water. Drain, reserving 1 cup cooking water.

Combine the shrimps with the spices. Toss and set aside while you mince the garlic and chop the parsley.

Heat 1 tbsp olive oil and the butter in a large skillet. Place the shrimps in a single layer, sear for 1 minute. Flip and sear the other side, 1 minute. Remove from skillet. In the same skillet, heat 2 tbsp olive oil. Add garlic and cook for 2 minutes over low heat, until soft and fragrant. Pour milk, bring to a simmer. Stir in mustard, parsley, salt and black pepper.

Add pasta, and toss to coat the noodles. Turn off the heat. Stir in the cheese, and 1/2 cup of the reserved pasta water. Stir until combined. Add extra pasta water, stir until creamy. Add more pasta water if needed. Add shrimp back to the skillet, toss until combined. Taste, add more salt and pepper if needed.

Divide pasta among bowls, top with chili flakes and serve right away. Enjoy!

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