

creole shrimp sauté

TOTAL TIME

15 minutes

MAKES 4

SERVINGS



APRON'S ADVICE

Complete your meal with a side salad, fresh crusty baguette, and pecan pie for dessert. For a less spicy meal, omit the crushed red pepper flakes. Instead of bacon, you can use pancetta or chorizo.

SHOPPING LIST

Dry Grocery

8 oz angel hair pasta
1/2 tsp crushed red pepper (optional)
3/4 cup white wine (or chicken broth)

Meat

4 slices thick-cut bacon

Produce

1/4 bunch Italian parsley
1 cup fresh pre-diced tomatoes
1 lemon
2 tsp minced garlic

Seafood

12 oz peeled/deveined shrimp
1/2 cup scampi sauce

From Your Pantry

2 tbsp blackening seasoning

COOKING SEQUENCE

- Put water on to boil for pasta
- Prepare shrimp - 10 minutes
- Cook pasta; serve - 5 minutes

creole shrimp sauté

INGREDIENTS

1 tablespoon Italian parsley, finely chopped
4 slices thick-cut bacon
8-oz angel hair pasta
12 oz peeled/deveined shrimp (thawed)
2 tablespoons blackening seasoning
1 cup fresh pre-diced tomatoes
3/4 cup white wine (or chicken broth)
2 teaspoons minced garlic
1/2 teaspoon crushed red pepper (optional)
1/2 cup scampi sauce
1 tablespoon fresh lemon juice

PREP

- Put water on to boil for pasta.
- Chop parsley.
- Cut bacon into bite-size pieces.

STEPS

1. Place bacon in large sauté pan on medium-high; cook and stir 5–7 minutes or until bacon is almost done. Cook pasta following package instructions.
2. Sprinkle shrimp with blackening seasoning and add to bacon; cook 1 minute. Stir in tomatoes, wine, garlic, and pepper flakes; cook 2–3 minutes or just until shrimp turn pink and opaque.
3. Stir in scampi sauce and lemon juice. Top with parsley and serve over pasta.

CALORIES (per 1/4 recipe) 630kcal; FAT 31g; SAT FAT 13g; TRANS FAT 0.5g; CHOL 190mg; SODIUM 1720mg; CARB 49g; FIBER 3g; SUGARS 2g; PROTEIN 31g; VIT A 20%; VIT C 30%; CALC 8%; IRON 15%



FOR MORE RECIPES, VISIT
publix.com/aprons