Posted on 17 September 2012

by ewfood

Asparagus and shrimp pasta



Ingredients

15 stalks thin fresh asparagus
0.5fl oz. olive oil
2 cloves garlic, crushed
¼ tsp. ground black pepper
6 Roma tomatoes, seeded & chopped
4fl oz. dry white wine or vegetable stock
salt to taste
12 oz. shrimp, cooked and peeled
0.5 oz. butter
9 oz. refrigerated fresh angel hair pasta, cooked & drained
2 oz. fresh basil
grated Parmesan cheese, for garnish

Preparation

1. Trim the asparagus, rinse in cold water and drain. Remove tips and set aside. Cut remaining stalks into 2.5cm pieces
2. Heat the olive oil in a large skillet over medium- heat, add the garlic and pepper and mix well
3. Stir in tomatoes and sauté for 2 minutes, stirring frequently
4. Add the asparagus stalks, white wine and salt and simmer for 3 more minutes, stirring frequently
5. Stir in asparagus tips and shrimp. Cook for 1 minute, stirring constantly
6. Finally add the butter and cook until butter melts
7. Toss the sauce with the pasta, stir in the fresh basil and top with the parmesan cheese

Cooks Note

Prep Time: 30 min; Cook Time: 12 min; Makes 3 servings