

Asparagus With Shrimp, Cherry Tomatoes Over Capellini Pasta



Serves

6

Ingredients

1lb. Capellini pasta
3/4 lb. fresh shrimp with tails
1lb. spring asparagus
1 cup of cherry tomatoes, cut in half
1/4 cup flour
2 Tbs. of unsalted butter
1/4 cup extra virgin olive oil.
1/4 cup of white wine
1/4 cup of chopped basil
1/4 Italian flat leaf parsley
3 garlic cloves thinly sliced
1/4 cup chicken stock
2tbs red pepper flakes
Sea Salt & Fresh Ground Black pepper to taste.

Preparation Instructions

In a cast iron skillet or 12” sauce pan on medium low heat, add olive oil. Wash and clean shrimp and leave the tails on. Dredge the shrimp in the flour and place in the sauce pan. After 1 to 2 minutes, take the shrimp out and put aside in a dish.

Cut or break the asparagus so that there is about 2” from the tips. Steam them until tender but still have their shape.

Deglaze the sauté pan with some of the white wine and scrape the bottom until all dissolved. Add more olive oil and the butter. Stir and add the garlic and sauté for 1 to 2 minutes on medium low heat making sure not to burn. Add the chicken stock and bring to a low simmer for about 2 minutes. Add the cherry tomatoes and asparagus and stir. Season with Salt and pepper and red pepper flakes. Add some of the parsley and basil and place the shrimp back in and lower the heat. Cover for 1 to 2 minutes.

In a pot of boiling salt water, add the capellini and cook until al dente. When done add a ladle full of the pasta water to the skillet with the shrimp sauce then add the pasta. Mix all together until coated. Add some more fresh parsley and basil and season with more salt and pepper.

Serve with a glass of the white. wine and sing!