

Shrimp Pasta with Tarragon and Arugula



Makes:

6 servings

Utensil:

Saladmaster Food Processor
5 Qt./4.7 L Roaster with Cover
11" Large Skillet with Cover

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Recipe:

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Recipe Description:

Arugula is a lettuce with a rich, peppery taste and an exceptionally pungent flavor for a leafy green. Fresh tarragon has a licorice taste. This combination combines to create a delicious, exotic flavor that will have any gourmet raving, and only you'll know how easy it is!

12 ounces
angel hair pasta
(340 g)
1 large
shallot, finely chopped
1 clove
garlic, shredded, use Cone #1
1 pound
shrimp, peeled, deveined, tail-off
(454 g)
1 cup
cherry or grape tomatoes, cut into quarters
(180 g)
½ cup
chicken stock, low-sodium
(120 mL)
3 tablespoons
fresh tarragon leaves, chopped
(4 g)
1 cup
arugula, chopped
(20 g)
½ cup
parmesan or Romero cheese, shredded, use Cone #1
(40 g)

salt and pepper to taste

Directions:

1. Place approximately 8 cups of water in roaster over medium-high heat and cover. When Vapo-Valve™ clicks, add pasta to boiling water and cook uncovered until pasta is cooked al dente, approximately 4 minutes. Remove from heat and drain.
2. Meanwhile, in skillet over medium-low heat, place shallot and garlic and sauté for approximately 2 minutes, until fragrant. Add shrimp and continue to stir until shrimp turns pink, approximately 2 minutes. Remove shrimp from pan with slotted spoon and set aside.
3. Add tomatoes to skillet and stir until they start to soften, about 2 minutes. Stir in stock and cook until most of the liquid has evaporated, approximately 2 additional minutes.
4. Remove from heat and add tarragon, arugula, cheese and shrimp. Salt and pepper to taste. Stir until mixture is blended.
5. Place sauce over pasta and serve immediately.

Nutritional Information per	
Serving	
Sauce	
Calories:	174
Total Fat:	4g
Saturated Fat:	2g
Cholesterol:	122mg
Sodium:	256mg
Total	14g
Carbs:	
Dietary Fiber:	0g
Sugar:	1g
Protein:	21g

Angel Hair Pasta (2 ounces per serving)

Calories: 200
Fat: 1g
Saturated Fat: 0g
Cholesterol: 42mg
Sodium: 0mg
Carbohydrate: 42g
Fiber: 2g
Sugar: 1g
Protein: 7g