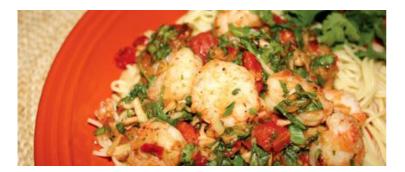
Shrimp Pasta with Tarragon and Arugula



Makes:

6 servings

Utensil:

Saladmaster Food Processor 5 Qt./4.7 L Roaster with Cover 11" Large Skillet with Cover Rate ထဲထဲထဲထဲ 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)
     \frac{1}{2} cup
       chicken stock, low-sodium
(120
mL)
     3 tablespoons
fresh tarragon leaves, chopped
(4
g)
     1 cup
arugula, chopped
(20
g)
       parmesan or Romero cheese, shredded, use Cone #1
(40
g)
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1

Directions:

- Place approximately 8 cups of water in roaster over mediumhigh 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.
- 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

▼<u>Serving</u>

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