

SHRIMP AND ASPARAGUS ROTINI

INGREDIENTS

Nutrient Analysis
PER SERVING
1/4 of recipe

Renal exchange: 2 Starch + 3 Protein + 1 Vegetable

Calories	335Kcal
Protein	31g
Carbohydrates	39g
Fibre	4g
Total Fat	6g
Saturated Fat	1g
Cholesterol	172mg
Sodium	200mg
Potassium	530mg
Phosphorus	335mg

2 cups tri-colour rotini, dry 1 tablespoon olive oil

1 pound raw and peeled shrimp*

2 cups asparagus, trimmed and cut into 1-inch pieces

1 tablespoon shallot, minced 2 teaspoons garlic, minced

1/2 cup no salt added chicken broth 1 tablespoon lemon zest 2 tablespoons tarragon, chopped 1/8 teaspoon ground black pepper

PREPARATION: 10 MINUTES

COOKING: 20 MINUTES

4 SERVINGS

International Flavour

Brighten up your salad with this pasta from **Northern Italy**.

Try tri-colour rotini for a colourful twist!

Tips

You can enjoy this recipe hot or cold. It makes a great salad "on the go".

PREPARATION

- Bring water in a large saucepan to a boil. Cook pasta for approximately 10 minutes until "al dente", or tender, but firm. Drain and set aside.
- Heat oil in a large skillet over medium-high heat. Add the shrimp and sauté until they become pink. Remove them from the skillet.
- In the same skillet, sauté the asparagus with the shallot and garlic over medium heat.

 Add the chicken stock, lemon zest, tarragon, and black pepper and bring the mixture to a simmer (approximately 5 minutes, uncovered).

 Once the liquid in the skillet has reduced by half, add the shrimp and rotini to the skillet.

 Toss together and serve immediately. Enjoy.

^{*} Choose frozen shrimp without phosphate additives.